



Fostering Resiliency: Body, Mind & Heart

Open to all Palliative Health Care Providers & Volunteers

This learning series will offer three opportunities to explore different paths to fostering resiliency and enhancing wellness. Each session will have a unique focus; however, each will provide opportunities to safely explore and engage in practices and reflections.

Participants will learn about:

- **Session 1:** Resiliency & Self-Care Planning
- **Session 2:** Mindfulness Practices
- **Session 3:** Self Compassion

Please Note:

- These sessions build upon the Compassion Fatigue training however, completion of a Compassion Fatigue course is not a pre-requisite to attend this course.
- Two times of day are being offered for each 3-session course. Please sign up for only one timeframe. Should you find yourself unable to attend a session, we would be happy to reschedule you.



Cost to Attend:

\$20.00 per Person
A light snack will be provided

Workshops	Date	Time	Registration
Hospice Wellington, Program Rm 795 Scottsdale Dr, Guelph	Session 1: 09 Oct 2018	1:00-4:00 pm	Online
	Session 2: 13 Nov 2018	-or-	
	Session 3: 11 Dec 2018	6:00-9:00 pm	
Hospice of Waterloo Region, Great Rm 298 Lawrence Ave, Kitchener	Session 1: 07 Jan 2019	1:00-4:00 pm	Online
	Session 2: 04 Feb 2019	-or-	
	Session 3: 04 Mar 2019	6:00-9:00 pm	
Langs, Rm E106 1145 Concession Rd, Cambridge	Session 1: 09 Apr 2019	1:00-4:00 pm	Online
	Session 2: 14 May 2019	-or-	
	Session 3: 11 Jun 2019	6:00-9:00 pm	

Spaces fill up quickly, so register now to avoid disappointment!

We look forward to seeing you at our upcoming training sessions! For more information, please contact:

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