



Volunteer Training Session

Seniors Programs and Services

Join Seniors Programs for a volunteer training session on **Compassion Fatigue and Burnout** presented by Jackie Saule, Psychogeriatric Resource Consultant at the North Simcoe Muskoka Specialized Geriatric Services Program on **Friday, January 14, 2022 from 1:30 p.m. to 3:30 p.m.**

This interactive, virtual training will include:

- Compassion Fatigue – what it is, signs, and symptoms
 - Identifying Toxic Environments
 - The Stress Response
 - Self Care and Self Assessment
- Positive Coping and Building Resilience

This training is provided in partnership with



Seniors Programs and Services

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Learn more: www.muskoka.on.ca/seniorsprograms