



## Combating Compassion Fatigue Through Self-Care for Foster Parents

Wednesday June 15 6-9pm

LCDJFS Anthony President

**989-68**

On most days, supporting foster youth and helping them heal from trauma and its lasting effects takes up considerable time and emotional labor for caregivers. When caregivers fail to take care of themselves in the midst of dealing with others' trauma, stressors can mount. This workshop deals with strategies to help caregivers develop a comprehensive plan of self-care that encompasses the four dimensions of wellness: social support, diet and exercise, hobbies and leisure-time activities, and managing mental processes for the purpose of increasing compassion satisfaction.