

Please join our  
Nurses Christian Fellowship Canada event on ZOOM

## Topic

For **You**, the Health Care Worker:  
Compassion Fatigue and Burnout through the  
lens of Wholistic Health Strategies

Date: November 11<sup>th</sup>, 2023 (Saturday)

Time: 1-3pm EST / 10am PST / 11am MST/  
12pm CST/ 2pm AST/ 2:30pm NST



Registration through [NCFCARES@gmail.com](mailto:NCFCARES@gmail.com)



# Compassion fatigue has become the norm for health care professionals, notably nurses

- Burnout is more common than we may realize.
- We need to recognize the symptoms when they begin to surface, and proactively guard against compassion fatigue and burnout.
- Caring for ourselves as health care workers is essential to being healthy and effective in our professional and personal lives.

**We are pleased to have Phyllis Ferrier with us, a Christian Registered Psychotherapist with over 24 years experience who has Godly and practical wisdom to share.**



**Phyllis Ferrier**  
RN, BScN, MDiv, RP,  
RMFT