

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: March 23rd, 2024 (Saturday)

Time: 11AM-1PM EDT

8AM PDT(BC) / 9AM MDT(AB+SK)

10AM CDT(MB)/ 12noon ADT/ NDT



Registration through 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