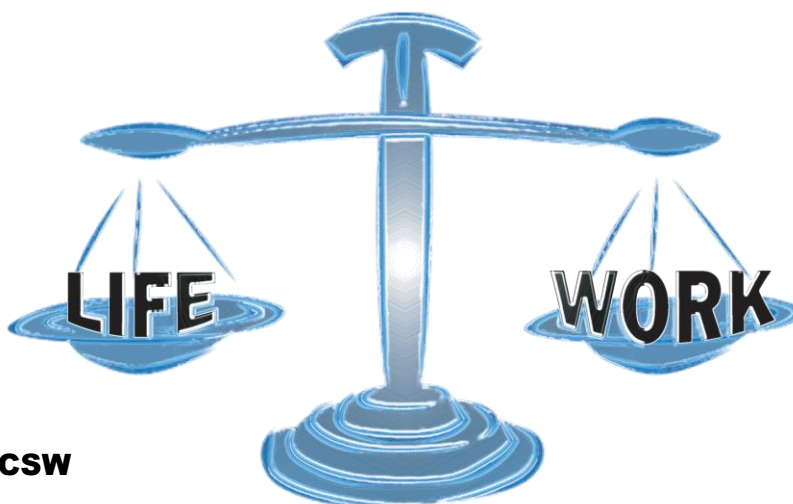


Clinical Training

Work and Life Balance: Living to Work or Working to Live



Presenter: Steve Wize, LCSW
Mental Fitness, LLC

When: Fri., September 29th 9:00AM - Noon

Where: Sewickley Presbyterian Church Lower Level
414 Grant Street, Sewickley 15143

Cost: Early Bird Rate **\$40**; Add **\$10** for **3 CEUs**
\$50 after September 8th

Register: **412-741-7430** or **www.tinyurl.com/WorkandLifeBalance**

Do you take care of you? Steve's goals for this training are to empower you to reduce Compassion Fatigue, prevent burnout and learn strategies to improve self-care.

Objectives of this Training:

- Define *Compassion Fatigue*, its causes and warning signs
- Explore ways to set healthy boundaries
- Learn to maintain work and life balance
- Make work more meaningful
- Reduce stress and rejuvenate



SAMARITAN
COUNSELING CENTER

Hope and healing through faith resources