

Live Web Event Invitation

Hosted by: Florida's Center for Child Welfare at USF

The Center invites you to participate in:

“Self-Care for Foster Parents - A Live Webinar

Date:

Monday, April 23, 2018
2:00pm - 3:00pm Eastern
1:00pm – 2:00pm Central
11:00am – Noon Pacific

Please [register](#) for this webcast.

Providing care for foster children can bring many positives into your life, but it can also take a toll, both physically and emotionally. Without finding a balance between caring for others and providing your own self-care you run the risk of developing feelings of frustration, exhaustion, lack of compassion, as well as other health related issues.

Please join us in this webinar to learn how to recognize “Caregiver Burnout” and the impact it has in all aspects of life. We will also discuss effective strategies to manage & prevent both Burnout and “Compassion Fatigue”.

Presenter: Catarolyn M. Glenn, MA – Learning & Development Facilitator

AUDIO will be provided through your computer

[Register](#) for this webcast or copy and paste this link into your browser:

<https://tinyurl.com/y9em8gak>

If you have technical questions or concerns please contact Center Support staff at centersupport@usf.edu

