

Identifying and Preventing Burnout In Caregivers



Happy New Year.

In this day and age caregiving seems to be on the rise, whether it is in an official capacity in ministry or privately (like taking care of a spouse or loved one). Although caregiving can be a great reward, it also has some risks.

Samaritan Counseling Center staff member Dr. Alicia Mindlin will look at the many facets of the caregiving burden. In this workshop attendees will learn to identify and prevent caregiver burnout. Furthermore, participants will discover and discuss coping strategies, and understand the implications of caregiving.

This seminar is a great way to start off the new year by taking care of the caregiver.

***Samaritan Counseling Center
Lay Caregiver Workshop
On January 17, 2010***

Date: Sunday, Jan. 17th

Time: 2:30—4:30 p.m.

Location: Nardin Park UMC

29887 W. Eleven Mile Rd.

Farmington Hills, MI 48336

Presenter: Alicia Mindlin

Psy.D., LPC, NCC, LLP

**Cost: \$10.00 if your church does
not hold a subscription**

***You must register by Thursday, Jan. 14th if you wish to attend.
Please call 248-474-4701***

DETACH AND RETURN

Name _____

Address _____

Phone _____

Church _____

Samaritan Counseling Center
29887 West Eleven Mile Rd.
Farmington Hills, MI 48336

Phone: 248-474-4701

Fax: 248-474-1518

Website:

www.samaritancounselingmichigan.com

Email:

info@samaritancounselingmichigan.com