



FREE WEBINAR FOR ALL COMMUNITY MEMBERS

BURNOUT TO BALANCE: STRATEGIES FOR REGULATING STRESS

Wednesday, March 31 | 7:00 - 8:30 PM

*With special guest, Amanda Rocheleau, Registered
Social Worker in Ontario and certified Compassion Fatigue Specialist*

Living through a pandemic, we can easily feel overwhelmed and exhausted from the stress we are experiencing in our every day. This chronic stress is a fast track to burnout which can be debilitating and very painful. Join us as we explore the impact of chronic stress in our lives and introduce fundamental daily practices that we can all do to help process our stress in order to prevent burnout.

Please register on our website. For any questions, please contact us at 819-557-0615 or info@centreconnexions.org



A special thank you to
Amanda Rocheleau



Health
Canada

Santé
Canada

This initiative is funded by Health Canada as part of the
Action Plan for Official Languages – 2018-2023:
Investing in our future. The views expressed herein do
not necessarily represent the views of Health Canada.

CHSSN

Community Health
and Social Services Network