



Montgomery County Public Schools Employee Assistance Program is pleased to host:

Why Caregivers Need Self-Compassion

Presented by Donna Mowry, LCPC, NCC, of Happy Halo Counseling LLC. Ms. Mowry specializes in the treatment of grief and loss, spiritual integration and trauma-informed care.

Topics to be discussed will include:

- What is **self-compassion**?
- Signs of **caregiver fatigue** and **burnout** due to vicarious suffering
- Prevention for **caregiver burnout**
- The session will conclude with a **guided meditation** practice that combines giving and receiving compassion in the midst of challenging situations

Date: **Wednesday, September 30, 2020** Time: **4:00 p.m. – 5:00 p.m.**

Location: GoogleMeet

Meeting ID

meet.google.com/rpc-cpnt-kis

Phone Numbers

(US)+1 413-398-2280

PIN: 651 567 807#