

SEPARATION  
PROFESSIONALS  
ALLIANCE



*Fostering a community of leaders  
for those dealing with separation and divorce*

**Presents:**

**COPING WITH COMPASSION FATIGUE: The Cost of Caring Too Much**

**With Mary Thomson MSW, RSW, RP\***

**September 11, 2020 from 8:30 to 10:30 am via Zoom Video Conference**

- *Have you lost some enthusiasm for your work?*
- *Do family members or friends complain that you have become irritable or reactive to small things?*

**Join us for a discussion on COMPASSION FATIGUE:**

Being self-employed and working with distressed people in transition is difficult. There may be things you say to yourself or do that can make it more stressful.

We will talk about:

- 1) Increasing awareness of what we contribute to our own stress levels
- 2) Strategies for improving your emotional resilience and quality of life at work and home

**RSVP to [info@fdsniagara.ca](mailto:info@fdsniagara.ca) by Sep 3 2020**

- ✓ **This Special Presentation is being offered to all Collaborative Practice Financial Neutrals. Only those who RSVP will be provided with the Zoom link.**



\* Mary Thomson MSW, RSW, RP applies over 30 years' experience as a Registered Social Worker & Psychotherapist to her practical & engaging presentations on Mental & Emotional Health issues. Mary works in private practice providing psychotherapy with a Cognitive Behaviour Therapy (CBT) focus.