

Living in a Fishbowl ...And Coming Up For Air

The life we live as foster parents holds many challenges. We have so many people to answer to: the social workers, the agencies, the parents of the kids in care, the kids themselves, the schools and the community we live in.

To meet the many challenges in our lives, we need to take care of ourselves. There is a poem that says children are what they live. If we want to raise healthy children, we must be healthy ourselves.

This year, our conference is all about how to take of yourself.

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go do that.

Because what the world needs is people who have come alive."

~Howard Washington Thurman~

HOTEL INFORMATION FOR WINKLER AND THE SURROUNDING AREA

Heartland Hotel: 204-325-4381

Days Inn: 204-325-8888

These hotels are offering discounts for conference participants. To receive your discount, please ensure you mention the conference when booking your room.

If you don't mind a 10 minute drive, here are other hotels in the beautiful town of Morden that you might consider.

Travel Lodge: 204-984-6196

Super 8: 204-822-2003

Morden Motor Inn: 204-822-6272

Manitoba Foster Family Network

**3rd Floor - 555 Broadway
Winnipeg, Manitoba
R3C 0W4**

**Phone: 204-940-1280
Toll Free: 1-866-458-5650
Fax: 204-940-1283
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Manitoba Foster Family Network

2010 Conference

May 27-29

Heartland Hotel

Winkler, Manitoba

LIVING IN A FISHBOWL



AND

COMING UP FOR AIR!!

Taking Care of Yourself

So You Can Take Care of Others

Living in a fishbowl...

Keynote: Scuba or Snorkel?

Keynote Speaker: Rose A. Flaig

Every experience requires tools - to create, to analyze, to direct, to decide, to survive and to strive. A message that offers metaphors, stories and experiential learning designed to reframe and recreate your senses.

WORKSHOP: The Fun Factor

With Rose A. Flaig

Explore different ways to experience the expression of humour, laughter and improvisation. We'll invite our mates to join us and together create some amusing memorable moments.

...and coming up for air.

Walking the Walk

Creative Tools for Transforming Compassion Fatigue

Presented by Francoise Mathieu, M.Ed., CCC

Compassion fatigue is characterized by deep emotional and physical exhaustion and by a shift in a helping professional's sense of hope and optimism about the future and the value of their work. It has been called "a disorder that affects those who do their work well" (Figley 1995) The level of compassion fatigue a helper experiences can ebb and flow from one day to the next, and even very healthy helpers with optimal life/work balance and self care strategies can experience a higher than normal level of compassion fatigue when they are overloaded, are working with a lot of traumatic content, or find their case load suddenly heavy with clients who are all chronically in crisis. Compassion fatigue is a normal consequence of working in the helping field. The best strategy to address compassion fatigue is to develop excellent self care strategies, as well as an early warning system that lets the helper know that they are moving into the caution zone of Compassion Fatigue.

This is a highly interactive one day workshop, incorporating a combination of solo, small group and whole group activities. Topics covered will include:

- Understanding compassion fatigue, vicarious trauma and burnout
- Symptom checklist, targeting areas for strategic planning
- Evaluating self-care, identifying triggers
- Developing a personalized strategic plan for identifying and treating compassion fatigue

This highly popular workshop has been offered across Canada over the past several years. Past participants have reported feeling inspired to make meaningful changes in their personal, professional and organizational lives in addition to learning practical strategies for identifying and dealing with the costs of caring.

REGISTRATION

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

Early Bird Registration:

Deadline: April 16th, 2010 \$175.00 _____

Regular Registration \$199.00 _____

One Day Only: \$139.00 _____

(May 28 with Francoise Mathieu)

Additional Banquet Tickets: \$30.00 _____

*Registration includes all meals from Thursday breakfast through to Saturday mid-morning coffee break.

**There is a hold on a block of rooms at the Heartland Hotel and Days Inn. Rooms will be held until May 12, 2010. At this time, the rooms will be released. and any discounts will no longer apply. If you are interested in a room, please call the hotel directly.