Come Join our Self-Care Group
“Sharing Our Struggles, Embracing our Hope”

What is this?
♦ A Self-care group for staff

Who is leading this group?
♦ Kathleen Hagerty, CSJ, Chaplain and Mary Rita Weschler

When will this group meet?
♦ Every other week, beginning April 28th from 11:30 – 12:30
♦ For 8 sessions, over a four month period

Where will we meet?
♦ The Library – 7th Floor

What is the Purpose?
♦ To Support staff who routinely care for others
♦ To create safe, non-judgmental place to discuss an issue, hope or concern that allows each person to speak, without interruptions
♦ To understand that empathy for others can sometimes lead to increased stress and burnout

Possible topics include:
♦ Self – Care
♦ Conflict Management
♦ Coping Strategies
♦ Forgiveness & Healing
♦ Self Esteem
♦ Others, suggested by group members

If you are interested in participating in this self-care group, please sign below and return to Sr. Kathleen Hagerty, in the Chaplaincy Office, Room 521 or in the Chaplain’s mailbox on the 7th Floor.

_____ Yes, I would be interested in participating in this group
_____ No, I’m not interested in participating at this time.

Name: ___________________________________ Date: _________________________