



**Save the date – Thursday, February 17th, 2022 – 7pm Zoom/Webinar
Compassion Fatigue for Parents: Managing Burnout during COVID-119**

WHO: Bellmore-Merrick CHSD, Bellmore-Merrick Community Coalition,
Bellmore, North Bellmore, Merrick & North Merrick Elementary Schools,
Community Parent Center, LICADD

WHAT: Compassion Fatigue for Parents: Managing Burnout during COVID-19
Webinar presented by Steve Chassman, LCSW, CASAC- Executive Director -
LICADD

WHEN: Thursday, February 17th, 2022 – 7:00pm

WHY: With the ongoing strain of the pandemic, many parents are depleted from the never-ending roller coaster of anxiety. Between helping their kids re-adjust to in person learning, trying to ease their fears of the new COVID variants, and trying to resume “normal” lives like taking their kids to after school activities, parents are struggling to stay afloat.

Please join us for an informative program:

Compassion Fatigue for Parents: Managing Burnout in COVID-19

This presentation aims to build resiliency and reduce stress by addressing:

- the impact of the pandemic on families
- an explanation of what compassion fatigue is
- present an overview of sign and symptoms
- strategies for coping
- tips for self-care & relaxation to achieve compassion satisfaction

Registration for this on-line program is requested.

To Register: Click on the link below or cut and paste into browser.

<https://forms.gle/b56MAeoyCr71Syzx8>

The zoom link for the program will be emailed to you week of 2/14/2022.