



The Care-Sentials

A selection of workshops & tutorials to keep you growing as individual and in your role as a caregiver.

Compassion Fatigue

Management Workshop

WORKSHOP 1

This workshop will help caregivers to realize their burn out and stress triggers and obstacles to sustainable self-care practices. By the end of the workshop participants will have knowledge on how to adopt more fulfilling caregiving practices.

Tuesday 16 & 23 March From 3:00pm - 4:30pm

Registar Today!

Call: 0719 571 770

CHARGES: 3000/- per workshop

MPESA PAYBILL: 4047551

ACCOUNT NO. YOUR NAME & SURNAME

WORKSHOP 2

Self-Care that Works

The term “self-care” can easily be misunderstood to mean cosmetic rituals for people with time and money to spare. Caregivers have therefore found it can be hard to actually put into practice and have ended up neglecting their needs. This workshop will help you Design a care plan best suited to you, your role and your context.

Wednesday 17 March From 11:00am

WORKSHOP 3

Understanding your caregiver role

Caregiving can collide with with the many other roles we have in life. If not managed well it can distort your view of yourself and who you are. This workshop helps caregiver clarify the requirement on themselves and figure out how to manage it alongside their other life roles.

Wednesday 24 March From 11:00am

WORKSHOP 4

Caregiver 5 super villains

Shame, Guilt, Grief, Loneliness and fatigue can become the unwanted occupational hazards of caring. Do not let them suck the life out of you. Learn how to seek the support that you need and what you can do to maintain a wholesome emotional and mental balance in spite of life circumstances.

18 & 25 March Thursday From 3:00pm

EVERY LITTLE



HELPS

Adopt A Caregiver

Support a caregiver to attend the **Care-Sentials Workshops**. Sponsor a Caregiver partially or fully

CHARGES: 3000 KSH (See workshop details)

MPESA PAYBILL: 4047551

ACCOUNT NAME. NAME OF CAREGIVER



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SuruviCaregiver



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