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Public Presentation

Compassion Fatigue: Thriving in Challenging Times

Tuesday, May 3, 2011
7 to 8 PM

Salon A, Capital Hotel, 208 Kenmount Road, St. John's
Featuring speaker Diana Tikasz, MSW, RSW

This presentation is free and open to the public.

In recognition of **Mental Health Week 2011 (May 1-7)**, this presentation will draw attention to this year's theme of mental health for all by providing an opportunity for those who help others—such as community/non-profit/voluntary and mental health organizations, health care workers, caregivers, family members, and anyone else who might be interested in this topic—to learn more about compassion fatigue and how to build resilience through self-care.

Diana Tikasz, MSW, RSW



Diana Tikasz is an Associate with Workshops for the Helping Professions (WHP), part of the Kingston, Ontario-based Compassion Fatigue Solutions. Diana has been committed to trauma-focused work in the health care sector for the past 22 years. She has worked in emergency department crisis teams and coordinated hospital based sexual assault/domestic violence treatment programs, which involved assisting individuals experiencing a current crisis, counselling those who have been traumatized by violence, and teaching other professionals how to do this work effectively while staying healthy themselves. Diana has also worked in various Employee Assistance Programs where she has specialized in working with individuals who are feeling stressed by their personal and/or work life. Her passion is to assist people in creating personal, professional, and organizational changes that promote optimal health and make us more effective helpers. For more information, visit www.compassionfatigue.ca

For more information on this event, please contact Beverley Hiscock, CMHA-NL Events Manager, at 738-2179, or bhiscock@cmhanl.ca. If you require disability related supports or assistive devices for participation, please contact by April 26, 2011 to arrange accommodations.