

SAVE THE DATE

State Court Administrative Office
Child Welfare Services Presents:



Self-Care for Child Welfare Professionals: Avoiding Burnout

March 16, 2012

9:00 a.m. – 12:30 p.m.

Hall of Justice, Lansing, Michigan

This half-day workshop is designed to help child welfare professionals identify the behavioral, psychological, and physical symptoms of their personal and professional stressors. Professionals in this field are intimately exposed to the grief and loss that children experience. The workshop presenter will discuss tools for managing stress by recognizing how our personal needs are met by the work we do, setting clear boundaries, and committing to the goal of self-care. Participants will have opportunities to identify their own signs and symptoms, to exchange ideas with others, and to problem-solve on how to reduce stress and increase well-being.

Target Audience: Attorneys working in child welfare, Child Protective Services and Foster Care caseworkers for the Michigan Department of Human Services, tribes, and private agencies.

TO REGISTER

Access the CWS website at: <http://webcast.you-niversity.com/youtools/companies/viewSchedule.asp?affiliateId=133#detailsBox>

Select "Self-Care for Child Welfare Professionals: Avoiding Burnout"

For more information and general assistance, please contact: Heather Leidi, Program Assistant, (517) 373-5322 OR LeidiH@courts.mi.gov