



COMPASS for kids

Formerly Parenting Resource Associates

Taking Care of Yourself

Learn how to foster healthy and sustainable work environments for you and your team!

Working in the “helping” professions means that our work is often emotionally intensive and resource-scarce. Explore the impact of this on your day-to-day well-being. Discover how to build awareness, avoid pitfalls, and gain inspiration to help you continue the important work that you do!



Wednesday, February 10, 2010

7:00—9:00 PM

Fee: \$25

Temple Isaiah

55 Lincoln, Street, Lexington, MA

Register online:

www.compassforkids.org

To register and for a complete list of workshops and locations visit:

www.compassforkids.org

Bring this training directly to you ~
For information about our customized onsite programs, please contact Nancy Toso.

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