



October 22, 2020, please post and share this memo with all members.

ATTENTION UNIFOR LOCAL 229 HEALTHCARE MEMBERS

REGISTER FOR COMBATTING COMPASSION FATIGUE WEBINAR

Throughout the pandemic, health care workers have continued to carry a tremendous load, which can have a detrimental impact on mental health and well-being. On Tuesday, October 27th, at 1 p.m. and 7 p.m. ET we will be holding our "Combating Compassion Fatigue" educational webinar.

This webinar is to provide support to health care members. Together, we will learn about the causes, signs and risk factors of burnout and compassion fatigue, as well as gain some coping mechanisms to get through these trying times.

Sign up here: https://onlineeducation.unifor.org/health_care_workers_combatting_compassion_fatigue

Guest Speaker: Sharon Lupton, National Director of Labour Programs and Services for the United Way. Mental health advocate and educator who delivers the Worker Referral Assistance Program (Level 1 and 2) at the Unifor Education Centre in Port Elgin.



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