## Join us for this online presentation:

#### **Mending the Compassionate Heart:** Finding Spiritual Nourishment in Your Caregiving

Has caregiving left you feeling tired? Drained? Or overwhelmed? ts all ways Self-compassion is an antidote to burnout and fatigue, helping to El OVE provide the resilience to continue to care for another. Join Deb holds all<sup>a</sup> Kelsey-Davis and Kelly Johnson to explore your own level of 'fatigue', what that really looks like, and how faith helps to understand that taking care of yourself is not a selfish act. The morning will include prayer and integrate the practical, emotional and spiritual factors that accompany compassion fatigue. Incorporating scripture and concrete ways to boost the human spirit's resilience, you will gather tools and a plan of intentional focus to mend your beautiful. compassionate heart.

#### WHEN: Thursday, October 28, 2021 9:30 a.m. to 11:00 a.m. Sponsored by: Servants of the Holy Heart of Mary

For more information about our programming, please contact Susan Amann: samann@sscm-usa.org

For information about Nourish for Caregivers, visit <u>https://nourishforcaregivers.com/</u>

### Presenters:

# Kelly Johnson & Deb Kelsey-Davis Co-Founders, Nourish for Caregivers

Kelly answered the calling to join her parish staff and take on the role of leader of Adult Faith Formation and received her Lay Leadership certification through the Archdiocese of Chicago and Diocese of Joliet's Lay Leadership Institute. An author and active member of the National Association of Catholic Family Ministry and the National Conference of Catechetical Leadership, Kelly has come to realize she may have plans, lists, schedules, and agendas, but God

wants growth, a real increase in our faith and trust in Him.



Deb is a clinician and healthcare leader. She is on the

board of the National Association of Catholic Nurses (NACN-USA) and holds a Lay Ministry Certification from the Archdiocese of Chicago. She holds a Masters degree in Health Services Administration from the University of St. Francis. She is a Registered Nurse (RN), author, and speaker. In explaining what she does to her family and friends, it's quite simply put as "I'm focusing on what really matters."

To register, please follow this link:

Suggested free-will donation for this program: \$10



