

Understanding Compassion Fatigue

Wednesday, September 16
12 – 1 p.m.

Guest Speaker:

Rev. Dolores Flagg



Compassion fatigue, the physical and emotional exhaustion experienced while caring for people who are suffering or experiencing trauma, is often misunderstood. Join us for this engaging discussion about how compassion fatigue can affect those in caring professions and how this fatigue differs from depression and grief.

Join us on Zoom: <https://mlh-org.zoom.us/j/98664426243>

Meeting ID: 986 6442 6243

For more information, visit

www.methodisthealth.org/kitchentabletalks.

