



Native ARC Training Events

Self Care for Animal Care Givers Workshop

Looking after yourself, or 'self-care', is important in helping you stay at the top of your form physically, emotionally and mentally. Learn more about what self-care is, why it's important for wellbeing, and how to take good care of yourself.

This can help if:

- you're not looking after yourself;
- you're feeling stressed and burnt-out;
- you're feeling unhealthy.

As animal care givers we are often thrown into stressful situations that we find challenging and need to understand how to best manage ourselves to ensure our own health and well being.

Who:

- Dr. Lisa Winters, BVMS Bsc, MACVSc (Adjunct Lecturer Murdoch University)
- Dean Huxley Manager Native ARC Inc. (Adjunct Lecturer South Metropolitan TAFE)
- Merrilyn Hughes (Counselor)
- Dr Chris Rafferty (Whiteman Park and Possum Valley Animal Sanctuary)
- Meg Rodgers (The Western Australian People's Choice Inspirational Volunteer of the Year 2016)

When: Sunday October 15th 2017

Time: 9:00am – 4:00pm

Where: Murdoch University

Cost: \$10.00

Other: Morning tea provided and includes "self-care pack".

For more information and to book into the session above please visit:
www.trybooking.com/RSFQ

