



Join Us!



PLEASE JOIN US THIS MONTH FOR A SPECIAL PRESENTATION

COMPASSION FATIGUE



Presented by: Laura Stillmunkes, CAFA Executive Director

meaning, definition, explanation...

WEDNESDAY, AUGUST 28, 2019

6:30pm - 8:30pm

This month we will be having a special presentation and discussion on Compassion Fatigue. Many of us are parenting in difficult situations. It is very easy to lose ourselves in this process. During this time we will discuss why it is so important that we take care of ourselves and strategies to do so.

**If time allows, our support group will begin after the presentation*

River Oak ~ 5445 Laurel Hills Drive ~ Sacramento

Enter through the Black Iron Gate to the right of the Main Building, then proceed to the door on the right

PLEASE RSVP @ <https://www.meetup.com/Capital-Adoptive-Families-Alliance/events/slpkdryzlblc/>

**Free childcare is available upon request ~ Details can be found when you RSVP on Meetup*