LICC - Lancaster Interagency Coordinating Council

BUILDING HOPE

FOR OURSELVES AND OTHERS

At times, the work we do, the life we live can compromise our own well-being. Did you know that hope is a science? Hope can be taught and measured AND it is a key predictor of wellbeing! Join in to understand how the science of hope impacts our compassion resilience (and fatigue). Recognize and minimize barriers in order to build our hope in what lies ahead.

You will learn:

- the impact hope has on our wellbeing
- ways to identify compassion fatigue and strengthen compassion resilience
- how to build hope through understanding of agency, pathways, and goals
- the importance community and connection has on levels of hope

Date: Thursday, May 22, 2025
Time: 1:30-3:00 PM
Location: Lancaster County Behavioral Health Office at 750 Eden Road Lancaster, PA 17601 (in-person)



Speaker:

Dr. Anne Kinderwater Carroll

Dr. Anne Kinderwater Carroll has been an educator advocating for students, teachers, and staff for three decades. After eighteen years of teaching and leading in a Lancaster County school district, Anne worked with educational non-profit organizations in leadership capacities. For more than ten years, she has continued to support the teaching profession through her work at Millersville University as part-time faculty in the School of Education and Human Services. Currently, she is employed as Program Coordinator at Penn Medicine LG Health on the Community Health and Wellness team.

Register at the link below or using the QR code:

https://forms.gle/F2SwdaQWdfHSKwEMA