

CARING FOR THE CAREGIVERS

SELF-REG STRATEGIES FOR ADULT RESILIENCE

ONLINE
EVENT



The MEHRIT Centre

“The well-being of children is inseparable from the well-being of the critical adults in their lives.”

Dr. Stuart Shanker.

The challenges of the COVID-19 pandemic have placed new demands on the shoulders of caregivers. By caregiver, we mean, all of those who are responsible for the care, supervision and education of someone else. That includes teachers, early childhood educators, parents, grandparents and home care providers, personal support workers, people who support and care for disabled or elderly adults, and health and mental health workers.

Focusing on each caregivers' own well-being in this online event, Susan Hopkins will offer practical Self-Reg strategies for building and maintaining the resilience of caregivers. As Dr. Shanker's statement reminds us, resilience is not simply a trait within individuals. It develops within supportive relationships and communities. What's more, the Self-Reg view of resilience is not simply about surviving or bouncing back from challenges, but more about our overall health, well-being and relationships, and our ability to come back to balance after dealing with stressors of all kinds. Topics will include:

- Self-Reg starts with the self: looking after our own well-being and resilience so that we are able to lend our calm and support those we care for.
- Anxiety: Understanding and reframing anxiety related to the new daily realities of life and work during the COVID-19 pandemic.
- Self-Reg: How Dr. Shanker's process for enhancing self-regulation by understanding and dealing with stress can enhance caregiver resilience in the face of various challenges.
- Reflecting backward and forward: What have you learned in the past that will help you in this situation. What has changed? What do you need to learn?
- Energy and exhaustion: How can Self-Reg help us maintain and restore the energy we need to connect with and support children and adults in the face of current boundaries and demands?

*Join live on the day or catch up after until the end of May 2021

APRIL 30TH 2021 • 9:00AM - 4:00PM
Cost: \$80/ticket

Please note, we do offer equity pricing for this event. We have a limited number of these tickets available and ask that if you are a funded organization or if you are receiving funding for your ticket that you please leave the lower cost tickets for those who are paying personally.

Please feel free to reach out to events@self-reg.ca with any questions. Tickets can be purchased on Eventbrite or by emailing events@self-reg.ca

Self-Reg.ca/face-to-face

