



COMPASS

Facilitator Training

Wheatland County FCSS

Join us for 3 days of Facilitator Training for the delivery of the COMPASS for the Caregiver Workshop, a program designed to empower caregivers and promote their well-being.

Learning Objectives:

- Review the COMPASS workshop content and material
- Discover techniques for creating a safe, hopeful environment and learn how to facilitate COMPASS
- Acquire techniques for presenting material and exercises for caregivers
- Discuss resources, links, and supports
- Learn about the ACGA programs and services

Who Should Attend:

Social agency staff, community professionals, outreach staff, and individuals who work in the caregiving field, have previous caregiving experience, and a strong desire to make a difference in the life of a caregiver. We are looking for individuals with experience in group facilitation, public speaking, caregiving, and knowledge about their community resources for caregivers.

Cost:

\$690/participant - includes a sample participant manual and facilitator binder

To Register:

Call 780.453.5088 or toll-free 1.877.453.5088 or contact our Program Coordinator debbie@caregiversalberta.ca

Training conducted by Caregivers Alberta Master Facilitator-staff



Fall 2018

Wheatland County
FCSS Hwy 1, RR1
(7km East of Strathmore)

Dates: Oct 22-24

3 consecutive days

9:00 am - 3:30 pm

COMPASS is a 9-module program that gives caregivers the tools to better manage the unique demands and challenges they face as caregivers. Topics include: stress and burnout, dealing with difficult emotions like guilt and grief, putting yourself first, and navigating the system. COMPASS provides a safe place for caregivers to share their experiences with others who understand.

"I've learned that everyone has frustrations and limitations in their caregiving role and that those limitations don't make me a failure."

COMPASS Participant Quote

"I'd hate to see where I would have been if I didn't get to share my story and here the inspirational stories of others."

COMPASS Participant Quote

For more information call:
780.453.5088
1.877.453.5088 (toll-free)