

CDH Educates Workshop Series 2022



Supporting Essential Volunteers

Volunteers support many essential programs and services in our organizations. Often these roles are client-facing and can be stressful, involving emotional labour, setting of boundaries, and establishing realistic expectations. This workshop will provide information on how to support the well-being of your essential volunteers.

FREE WORKSHOP

**Wednesday
September 14
11:30pm-1:00pm**
Delivered via ZOOM



Ana Nunes

Ana currently works as the Wellness Care manager and Educator at Acclaim Health. In this position, Ana provides wellness consultations, education, and robust community programming with the help of volunteers in strengthening individual wellness. Her background includes a Bachelor of Arts in Psychology/Sociology with post graduate studies in education, geriatrics, health and alternative complimentary therapies. Ana is an experienced presenter in the community and she enjoys changing lives by empowering people through education and support.

Wellness Services is generously funded by Halton Region, Community Investment Fund.



Registration at cdhalton.ca/events. Register by Tuesday Sept 13 @5pm.

Fee: FREE!

Zoom virtual meeting link will be sent to the email provided in the registration, on day before the event.

Questions? Call 1 (855) 395-8807 ext. 2 or email hejohnson@cdhalton.ca