

THE BEST GIFT
IS YOU!



The Heart of our Community SUPPORTING THE WELL-BEING OF OUR VOLUNTEERS

Thursday

August 12, 2021

12:00 pm - 1:30 pm

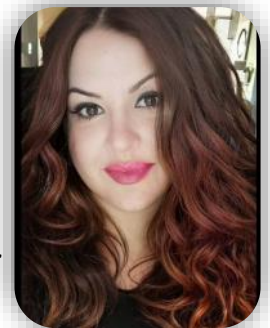
Free event via Zoom

This session will be recorded.

Organizations in Ontario are (re) opening their doors to welcome volunteers to engage with their mission and vision. Join us as we discuss how to acknowledge that volunteers and leaders of volunteers are NOT returning to 'business as usual'. What this means for one's emotional well-being? And how do you respectfully support volunteers as they go through their own 'personal re-opening' as they look to (re) engage with your organization.

Presenter: **ANA NUNES-FREITAS**

Ana currently works for Acclaim Health and is the Care Manager/ Educator for Wellness Services working with caregivers, palliative and chronically ill clients. Ana is a retired RMT and teacher, strongly believing in the prioritization of self care and access to wellness services in the community. *Wellness Services is generously funded by Halton Region Community Investment Fund.*



Ana Nunes-Freitas, Wellness Care Manager, will deliver an interactive session to support leaders of volunteers and their organizations with tools and resources to help volunteers feel emotionally and mentally supported as they give their time to your organization. The session will be followed by Q&A.



REGISTRATION at cdhalton.ca/events

Limited spots available and closing on **Tuesday, August 10 at 8pm.**

Zoom virtual event link will be sent to the email address provided in the registration, *one day before the workshop.*

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