

Call to Care



PRESENTED BY
CATHOLIC CHARITIES

Call to Care is a **FREE**, non-denominational educational program for people who have been "called" to care for others.

- Learn how to be **MORE EFFECTIVE** in caring.
- Learn how to communicate and listen better.
- Learn how to avoid **COMPASSION FATIGUE** and **BURN-OUT**.
- Explore the **FAITH** and **SPIRITUAL DIMENSIONS** of caring.
- Learn about **HEALTH** and **MENTAL HEALTH** resources in the community.

"Call to Care has enriched my life both personally and professionally. It takes you beyond intellect and offers the steps necessary to help others in time of need."

12 CONSECUTIVE TUESDAYS
FEBRUARY 2—APRIL 19, 2012

12:00 PM TO 2:00 PM

Unity Church of Temecula Valley
41743 Enterprise Circle North—Ste B-108
Temecula, CA

TO REGISTER FOR THIS FREE TRAINING OR FOR MORE INFORMATION

951-801-5282 EXT 480

OR ONLINE: AT THE CATHOLIC CHARITIES' WEBSITE

WWW.CCSBRIV.ORG



This program is funded by Riverside County Department of Mental Health, Mental Health Services Act, Prevention and Early Intervention Programs.