

Caring for Self While Caring for Others Series under the direction of Dr. Harry Zeit

Location: OMA Offices, 150 Bloor Street West, Suite 900, Toronto, ON

Time: 7:30-9:30 PM

No Cost

Please RSVP by phone to: 416-229-2399, ext 125 (Ada or Anna) or e-mail to:

michaelpare@rogers.com

Date	Speakers	Topic
October 11, 2017	Harry Zeit MD CGPP and Irina Dumitrache YTT	In the Heat of the Moment: How to Prevent the Accumulation of Stress that Fosters Burnout.
November 15 2017	Harry Zeit MD CGPP and Irina Dumitrache YTT	The Heart and Shadow of Mindfulness Meditation
January 16, 2018	TBA	TBA
February 21, 2018	TBA	TBA
March 21, 2018	TBA	TBA