

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		The Heart and Shadow of Mindfulness Meditation
January 16, 2018		Angry Patients and Angry Clinicians: Finding Resilience in a Conflictual Landscape
February 21, 2018		Room to Hurt, Room to Rejoice: Facing and Embracing the Ways that Clinical Practice Affects Us
March 21, 2018		Revitalizing Ourselves: Re-awakening our Aliveness