

Caring For Yourself While Caring For Others:

Navigating SELF-care during COVID times

Our current landscape can be challenging to navigate right now and it can be tricky knowing where to start to foster the balance between work and home.

Social Emotional Learning (SEL) is promoted in our classrooms and schools for students, but it is a focus area that can be extremely beneficial when we incorporate it into our own daily life.



During this Zoom workshop we will not only be exploring how compassion fatigue and burnout impact our work and interactions with students, parents, other staff, and our own families, but we will be spending time practicing various self-care strategies (like gratitude journaling and other mindfulness practices) we can use moving forward.

Date: Friday October 23, 2020

Time: 1pm-2:30pm

Location: Zoom

Target Audience: Anyone

To Register: Email canielewicz@prn.bc.ca to receive the Zoom invite

Facilitated by Crystal Anielewicz, BA, BEd, MEd, CCC

About the Facilitator: Crystal is a Canadian Certified Counsellor and opened her counselling practice in 2013. Before coming to Fort St. John in 2011, she worked in the school system in Vancouver, lived and worked in an isolated Indigenous community near the BC/Yukon border and provided counselling support to children in Chetwynd and Tumbler Ridge. In addition to private counselling, Crystal currently works as a SEL, behaviour support and learning assistance teacher, Indigenous Transition Coach and school counsellor for SD60. She has also been involved in several other community support positions, including starting the Peace Positive Parenting Initiative with SD60 in Fort St. John.