



April 17

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Caregivers and Trauma: Recognition and Healing

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, April 17, 7 pm
Free. All welcome.**

Fatima Elkurdi, a Clinical Social Worker with the Ottawa Anxiety and Trauma Clinic, will explain how caregivers can recognize trauma-related situations, and compassion fatigue . . . *and* what they can do about it.