



News from the Somerset County Board of Chosen Freeholders

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Compassion Fatigue: Caring for the Caregiver *Oct. 28 Workshop*

SOMERVILLE – Caring too much can hurt. A free workshop for caregivers, titled “Compassion Fatigue: Caring for the Caregiver,” will be held **10 to 11:30 a.m. on Wednesday, Oct. 28**, at **Steeplechase Cancer Center Auditorium** at the Somerset Medical Center, located at 110 Rehill Ave.

Compassion fatigue is not a character flaw. Keynote speaker Maryann Lancaster, a clinical nurse specialist in Adult Psychiatric/Mental Health Nursing, will discuss the symptoms associated with compassion fatigue, contributing factors, preventive options and resources available to caregivers. Learning to recognize and manage symptoms of compassion fatigue is the first step towards healing.

Registration is requested in advance. Call **(908) 203-6234** or register online at www.somersetmedicalcenter.com/events.

The workshop is sponsored by Somerset County Human Services in partnership with the Somerset Medical Center’s SAIL (Senior Advantage In Life) Program.

For more information, contact the Somerset Medical Center at (908) 203-6234.