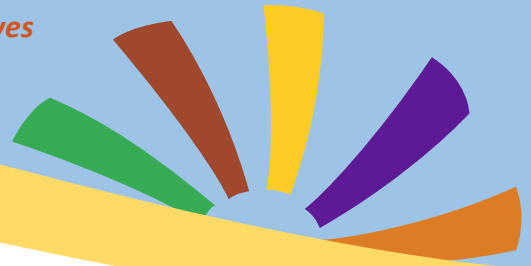


*Self-compassion is simply giving the same kindness to ourselves
that we would give to others. – Christopher Germer*



Promoting Wellbeing, Self-Care & Resilience in the Workplace

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Training will be facilitated by Mechele Pitt, BS, MSSW, LICSW, LCSW

*Promoting Wellbeing + Investment in Employees
= Greater Productivity, Loyalty, Engagement, Retention and Satisfaction*

AND

*Greater Productivity, Loyalty, Engagement, Retention and Satisfaction
= Better Services to Participants and Better Outcomes*

Date: **Friday, October 6, 2017**

Check-in at 8:00am with Continental Breakfast; Training from 8:30am-12:00pm

Location: **Rotary Botanical Gardens**

Registration Fee: **\$25 per person** - includes Continental Breakfast and
access to Rotary Botanical Gardens

Register at www.rock-hitf.org

If you have questions, email Jessica at rock.hitf@gmail.com or call (608) 754-5333



**MISSION STATEMENT: *To work together to achieve stable,
permanent housing for all residents of Rock County.***

65 S. High Street, Janesville, WI 53548 - Telephone: (608) 754-5333

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