



Caregiving During the Holidays: Expectation vs Reality, and Self-Care

WEBINAR DESCRIPTION:

The holiday season is packed with messages that no matter what, life is good! However, this ideal is often not the reality, especially for those who are in the sacred role of being a caregiver. This webinar will look at all the direct and hidden messages of how we should be feeling around the holidays and how it often collides with the reality of being a caregiver, which can include loss and grief. Self-care is never selfish so this webinar will highlight how to incorporate daily practices that show kindness and consideration to oneself. The webinar will also review how COVID-19 continues to provide increased hardship for caregivers, especially during the holiday season. The participants in this webinar will learn:

1. The subtle but overwhelming messages about the joy of the holidays and how that may add to a caregiver's burden.
2. How to identify old, ingrained family practices that may be difficult to continue during the holiday season.
3. Practical and helpful ways of creating new practices and rituals that may complement caregiving.
4. The importance of increasing self-care during the holidays and how to incorporate kindness and consideration into one's daily routine.

OUR PRESENTER

Eugene Dufour is an Individual, Marital, and Family Therapist, Bereavement Specialist, Compassion Fatigue Educator, and a Critical Incident Stress Debriefing Consultant. He received his bachelor's and master's degree from King's College at the University of Western Ontario. He has been working in bereavement, trauma work, hospice palliative care, and the HIV/AIDS movement for the past 30 years. He is a past president of the Ontario Palliative Care Association and the Canadian Hospice Palliative Care Association. In 2002, Eugene received the Commemorative Medal for Her Majesty Queen Elizabeth II's Golden Jubilee by the Governor-General of Canada for his work in hospice palliative care. In June 2019, Eugene was named a Paul Harris Fellow by The Rotary Foundation of Rotary International for his involvement in establishing the Rotary Hospice of Stratford Perth.

Eugene presently works as a Psychosocial Spiritual Care Clinician with the Huron Perth Palliative Care Outreach Team. In March of 2012, Eugene and Michelle O'Rourke published their book: *Embracing The End of Life: Help for Those Who Accompany the Dying*.

Date of Webinar: December 2nd, 2021

Time: 12 :00 pm – 1 :00 pm ET

Place: Zoom (link provided via email to those who register)

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