

Community Education Service



Burnout & Boundaries During Covid 19

Katie Turner is a Registered Psychologist, speaker and consultant and believes in a holistic approach to healing. Katie is passionate about helping others to heal the past and overcome limiting beliefs in order to create deep and lasting transformation.

Katie speaks on the psychology and spirituality of creating change and offers one-on-one sessions, workshops and groups to provide healing and guidance to spiritual seekers and highly sensitive and empathic souls.

Join Katie as she speaks to:

- Signs and symptoms of burnout
- The costs of burnout
- Causes and contributors to burnout (personal, workplace and societal)
- How boundaries protect you from burnout
- Common challenges to setting and holding boundaries
- How to communicate boundaries with love

**Monday December 13 2021
10:30 am MDT**

Click here to register

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and [Katie Turner Psychology](#)