



# Compassion Fatigue

## The Epidemic of Human and Animal Care Workers That No One is Talking About

with Molly Sumridge

Love hurts, quite literally. To be able to have deep compassion for humans and animals we leave ourselves vulnerable to stress and trauma. The rates of burnout, substance abuse and suicide are significantly higher in the care and emergency services industries than in any other fields. Molly Sumridge, CDBC, CPDT-KSA, CFE, owner and founder of Kindred Companions, will cover what is compassion fatigue and how we are susceptible to it, as well as methods to protect yourself and recover if you are already struggling. If you or someone you love cares for people or animals, this talk could help sustain a career or even save a life.

**Thursday, October 26 at 7:00 pm**  
**at the North County Branch Library**  
65 Halstead Street, Clinton, NJ

**This program is FREE and open to the public.**

**Due to the popularity of our programs, we recommend reserving a seat.**

**Please call (908) 730-6135 or click on the Calendar of Events at [www.hclibrary.us](http://www.hclibrary.us)**

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need.

Please call (908) 788-1434. 9/17