

The Good Helper

Learn effective self-care and revolutionize your experience of the helping role

A one-day workshop offered by Erin Moline, MA

July 27, 2007

9:00 am – 4:00 pm

Location TBA

When we it is our work to take care of others, learning how to give that care effectively, safely, and in way that nurtures the caregiver is quite a challenge.

Discover the keys:

- ☞ Self-care is not just about making yourself feel better
- ☞ Maintaining healthy boundaries is essential to self-care

The fee for the workshop is \$75 per person and pre-registration is required. More information will follow your registration. Please visit erinmoline.com for information about my counseling practice and other workshop, seminar, and training opportunities.



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Erin earned a Master of Arts in Counseling Psychology from Lewis & Clark College and has a counseling and therapy practice in downtown Portland where she works with individuals, couples, and groups.

