

## **Bikur Cholim Conference November 2009**

### **Fostering Caring Communities in Challenging Times**

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#### I. Introduction

#### II. Outline of the workshop

- i. Overview of these challenging times – what we're up against
  
- ii. What we're seeing in our communities, in our volunteers, in ourselves?
  
- iii. Asking for help - what helps and hinders?
  
- iv. Sharing – what has worked in your communities?  
What are the challenges you've faced and observed?  
What about Connect to Care?
  
- v. Self-Care – assessment and envisioning.
  
- vi. Closing Circle