

On June 13, 2015, Janet Lovegrove, RN, BScN, MSc, CPMHN, presented on the topic of Self-Care for the Caregiver to our Saturday morning men's breakfast club. As a registered nurse working in acute, critical and community care settings for the past thirty-three years, Janet was well versed on why it first is important and necessary that before caregivers start to care for others, they must learn to value and care for themselves. Janet openly shared how she had to learn this lesson the hard way. She burnt out at home and at work because she was constantly putting the needs of her family and her patients ahead of her own. It took her father's sudden death to wake her up to the realization that she needed to take better care of herself before she could be there for others in a truly meaningful and compassionate way. Janet learned how to do this with the help of psychotherapist and wellness educator, Viola Fodor, M.E.d., OACCPP (www.violafodor.com). Viola introduced Janet to her Life Process Transformation™ program and taught her how to quiet her mind as a way for Janet to nurture herself on the deepest level.

After training with Viola and a core group of selected interdisciplinary professionals for several years, Janet now teaches Viola's Life Process Transformation™ (LPT) program to her own clients. Janet is a Health and Wellness consultant in private practice at the Bellview Professional Offices, 1006 Plains Road E. in Burlington. Janet has also facilitated the LPT Self-Care for the Caregivers program with sponsorship from three consecutive Brant United Way Community Impact grants and in collaboration with the Alzheimer Society of Brant. In September 2015, Janet will be facilitating the LPT program for caregivers in Oakville, now sponsored by a Halton Community Impact grant and in collaboration with Acclaim Health. Course participants will only have to cover the cost of the LPT workbook (\$55 plus HST). If you are interested in learning more about these ideas or the next Self-Care for the Caregiver LPT program, please feel free to contact Janet at 905-730-0441 or email her at lovegrove@bell.net. You can also learn more by visiting her website at www.janetlovegrove.com.