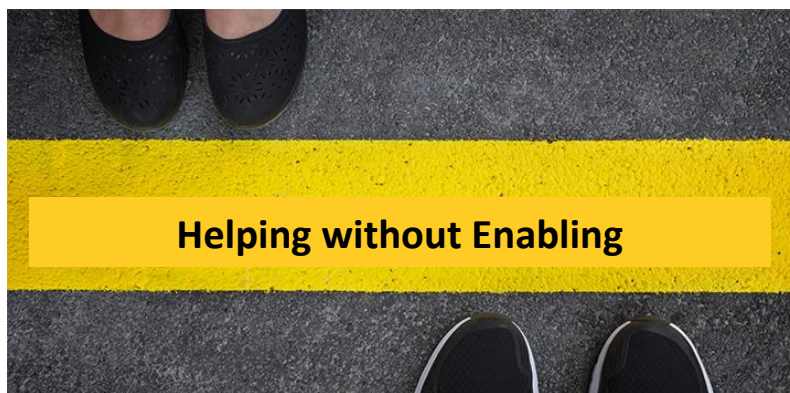




Catholic Charities Office of Volunteers Presents: Helping without Enabling



Thursday, December 13, 2018

7:00 – 9:00pm

**St Ann Catholic Church
5312 10th St N, Parish Hall
Arlington, VA 22205**

Managing boundaries when serving others is challenging. We want to be helpful and avoid causing any harm. Dr. Michael Horne, Director of Clinical Services for Catholic Charities of the Diocese of Arlington, will discuss out how to model positive relationships and help individuals claim and step into their own power. Dr. Horne will also discuss the importance of self-care and how to truly enjoy your role as a servant! Learn how to recognize your capacity as well as the growth potential of the person you serve. Appropriate for those who have careers in service work, volunteers, and all who care for others—whether within the family or outside the home. Volunteer opportunities also available.

RSVP to volunteer@ccda.net

www.ccda.net