



ISSUE ~ Winter 2023

Wednesday March 22, 2023 ~ Virtual AGM 1:00 to 3:00 PM

June 7th, 2023 Recharge, Recreate, Reconnect: Rebuilding Relationships Through Interaction & Creativity – CYCWAM Provincial Conference

Dear Members,

Excitement, anticipation, worry, stress, are some examples of the emotions percolating below the surface, when preparing for the upcoming annual general meeting and the CYCWAM provincial conference.

Our association is excited to welcome new board members to the group. The annual general meeting is the time for reflection and building enthusiasm for our upcoming plans.

Of course, there is worry and stress with organizing any major event. And it has been several years since we have had the opportunity to join together as a community for the provincial conference. 2019 was a stellar year for the association, as we had a very successful conference with an amazing turnout of professionals.

We were very fortunate to have the dedicated support of many agencies who contributed significantly to the success of the conference, by purchasing corporate tables and supporting their staff to attend this one-day event. Additionally Red River College provided services in kind with contributions of graphic art for the poster and conference brochure as well as the support of print services. The college also was a sponsor of the event and I know that CYCWAM is very grateful for the administrative support which helped make the 2019 conference such a success.

As our volunteer board members are busy preparing for the June 7th Provincial conference, which is being held at The Viscount Gort, they are hoping, and counting on, the continued support of corporate members, agencies, the CYC community to enhance the success of this event. As a long time CYCWAM member, I am in awe of the dedication of our board members and the time they enthusiastically commit to their volunteer duties for us and our CYC community.

The Child and Youth Care Workers' Association of Manitoba invites you to their 2023 Annual General Meeting. This year the meeting will be held virtually via Google meet. Please RSVP to Victoria at secretary@cycwam.ca by March 15th 2023. Nomination forms can be found on the CYCWAM website and will be accepted until March 8th, 2023. Please review the nomination form for important details.

If you are not yet a member, I encourage you to fill out a membership form and become actively involved in your association. In order to maintain a vibrant CYC association – we need you in the group!

Respectfully

Susan Claire Johnson, CYCWAM member



To become a member visit: www.cycwam.org ~ Pay for your membership via e-transfer to treasurer@cycwam.ca
Be sure to **include** your completed CYCWAM Membership Form
CYCWAM mailing address: PO Box 33002, Polo Park PO, Winnipeg, Manitoba R3G 3N4 E-mail: info@cycwam.ca
Follow us on: Instagram @CYCWAM and Facebook: <https://www.facebook.com/search/top?q=cycwam>

Burnout: We've All Been There

Burnout: It happens to all of us at one point or another in our careers or education journey. Lately, I have been feeling the effects of burnout and the subsequent emotional exhaustion.

Things at work and in my personal life have been busier than usual creating the perfect storm for burnout. When I begin to feel burn out, the tasks and responsibilities of life and work feel even heavier, and harder, to be present for.

For me, what burnout looks like, and some of the things I have been struggling with, are; loss of motivation, loss of passion, lack of interest in things I enjoy. Becoming easily irritated, feelings of emotional exhaustion, and never feeling well rested, despite having slept for many hours. I can usually recognize these signs of burnout in myself and take steps toward attempting to reduce the stressors. Some things I like to do to take care of myself are prioritizing personal needs, engaging in activities that bring me joy, putting less pressure on myself, going to therapy, trying my best to be mindful and overall trying to reduce stressors surrounding me.



Many of these things are easier said than done but it is so important that as Child and Youth Care Workers we focus on our needs and our mental health. A key person we have to give compassion to is ourselves, in order to meet the needs of youth in our care.

If this resonates with you and you have 'been here' under the duress of life's stressors, this is a gentle reminder from me to remember to be kind to yourself. Focus on prioritizing rest for you and pay attention to how you are feeling. If you are able to attend to 'self', it will get better. And remember to bring in your supports; family, friends, exercise, nature, art, and all activities of things you find beneficial to your well being, including a therapist for you when needed.

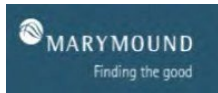
Dineen Rainka
Board Member CYCWAM
Adolescent Mental Health Counsellor at MATC

Many agencies in Winnipeg and Manitoba have demonstrated their commitment to the professional development of their staff by sending CYCPs, Program managers, Family Support Workers, Therapists, and other members of their team, to our provincial conferences. We look forward to your participation at our conferences and workshops in the future.

We respectfully recognize that the places we work are located on original lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.



Jessie Home



Neecheewam



The Child and Youth Care Workers' Association of Manitoba invites you to the
2023 Provincial Conference

Recharge, Recreate, Reconnect: Rebuilding Relationships Through Interaction & Creativity

Featuring Keynote Speaker:
Dr. Elder Mary Wilson

June 7, 2023

Viscount Gort Hotel
1670 Portage Avenue
Winnipeg, Manitoba

Please visit www.cycwam.org for registration details

Registration Fees:

CYC Association Member	\$100.00
Non-Association Member	\$150.00
Corporate (Group of 10)	\$1000.00
Student	\$50.00

CYCWAM
Child and Youth Care Workers' Association of Manitoba