



# 'Be Care'

## ONLINE WORKSHOP:

### Are your church's pastoral care needs growing?

It could be due to the rise in mental health issues, increasing stress, family breakdown, early discharge from hospital, isolation and loneliness, increases in chronic conditions and disabilities, and the growing requirements of our ageing population.

How can we 'be care' in our community in these 'unprecedented times'?

'Be Care' workshop shows us how we can add a health dimension to pastoral care, to take a proactive whole-of-life approach that promotes health and wellbeing of individuals, families and our community. Content has been adjusted to show where and how health professionals can be of assistance during the current pandemic.

The online workshop has 3 sessions...

**Session 1 Introducing Health and Pastoral Care Ministry online modules** set the scene with sessions on:

- **Module 1: Why 'Be Care' – Australia's changing social context, theology supporting Be Care, understanding the health and pastoral care continuum**
- **Module 2: Who can 'Be Care' – concept of care as 'body-of-Christ' ministry teams to care for the whole person**
- **Module 3: How to 'Be Care' – strength-based approaches, transition pathways, and supporting self-care**

**Session 2 Introducing Faith Community Nursing - an example of Using health practitioners to 'Be Care' online modules** explore using health practitioners in your church. We will use Faith Community Nurses as the exemplar.

- **Module 1.1 Why have a health and pastoral committee**
- **Module 1.2 What – what is Faith Community Nursing?**
- **Module 1.3 What if there are legal and ethical requirements health practitioners must meet**
- **Module 1.4 What next steps would a church or faith-based organisation need to consider to commence a health practitioner in health and pastoral care ministry**

**Session 3 Join our Health and Pastoral Care Network Zoom session from 10am to 11am on Tuesday 12 May** to discuss how this applies in times of isolation and increased health risk due to the global pandemic. We will have a Q&A around the 'Be Care' content and practicalities of adding a health focus to pastoral care, and any questions about faith community nursing.

**It is essential to book via Eventbrite so we can send you the links.**

Presented in conjunction with the Australian Faith Community Nurses Association (AFCNA) Inc.



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