

HeartLinks Speaker Event

Date – Saturday September 19 – Astellas Room (11th floor Peter Munk Building Toronto General Hospital – take the University Avenue elevators and follow the signs)

With Keynote Speakers

Sarah Greenwood and Brigitte Talevski

Receiving a heart transplant is a life-saving and life- changing event. Everyone experiences stress in different ways. There are both positive and challenging stresses for the recipient and for the caregivers as well. The goal is to ensure you stay emotionally and physically healthy. This discussion will focus on Caregiver Stress:

- How to recognize stress
- Impact of stress on yourself, the family, work and relationships
- Why it's important to deal with stress
- Ways to cope: strategies, resources and tools

When you attend the event you will receive a copy of “Coping Strategies for caregivers” published by Progress in Transplantation. The event will also outline services available from the psychosocial team available to you to ensure you stay healthy, both mentally and physically. It will be interactive and include real life examples.

Speaker Bios

Both speakers work in the psychosocial unit of the multi-organ transplant unit at Toronto General Hospital and having significant experience counselling transplant recipients and their families.

Sarah Greenwood is a Clinical Coordinator who specializes in consultation-liaison psychiatry with a special focus on adjustment to transplant, quality of life and stress management with transplant patients and their families. She has been fortunate to work within various programs in the Multi-Organ Transplant Program for the past two decades and with the Heart Transplant Program in particular for more than ten years.

Brigitte Talevski holds a Bachelor of Arts in French and a Bachelor of Social Work from McMaster University. She subsequently earned a Master of Social Work from Wilfrid Laurier University. Brigitte has been a social worker for 30 years, 13 of which has been with the transplant program at TGH. Previously, she worked in diverse settings both in outpatient and inpatient psychiatry at a number of downtown hospitals and ran a private practice group therapy for many years. When not “social working”, Brigitte enjoys screenwriting, entertaining family and friends and training her mischievous cats, Oscar and Emmy.