

The Greater Waterbury Nursing Consortium

Created in 2001, The Greater Waterbury Nursing Consortium is a group of nursing leaders and educators who represent the major employers and educators of nurses in the Greater Waterbury Region. The Consortium seeks to serve the Greater Waterbury community by focusing on nursing as a profession of first choice. The goals are to provide positive attention to the nursing profession, foster pride in community nurses and attract local students to a career in nursing.

Naugatuck Valley Community College

Saint Mary's Hospital

UConn Waterbury

VNA Health at Home, Inc. Watertown

VNA HealthCare, Inc. Waterbury

Waterbury Hospital

Waterbury Public Health Department

Western Connecticut State Univ. at Waterbury

Directions to NVCC

From Route 8: Take the Danbury exit onto I-84, then first exit off I-84 (exit 18). Bear left to light and take a left. Go to third light for West Entrance to the college.

From Route I-84 West: Take exit 18, bear left to light and take a left. Go to third light for West Entrance to the college.

From Route I-84 East: Take exit 18. At light take a right and at next light take a right. Go over bridge and at light take a left onto Chase Parkway. Go to second light for West Entrance to the college.

Parking: Take West entrance and bear right. Follow driveway between the two buildings. Take a left at stop sign. Take next left into the parking garage. Bear right and park at the end of the garage (P-2). Take last elevator to the third level Mainstage.



750 Chase Parkway • Waterbury, CT 06708
www.nvcc.commet.edu

On behalf of the Greater Waterbury Nursing Consortium



2010 Nurses Lead the Way



*Caring for Yourself Today for a
Healthier Tomorrow*

The Keys to Stress Management

May 12, 2010
3:30 - 6:00 pm

Nurses Lead the Way *May 12, 2010*

Mainstage Fine Arts Center
Naugatuck Valley Community College
750 Chase Parkway, Waterbury

3:30 - 4:30pm

Registration and Reception

4:30 - 6:00pm

Welcome and Introductions

Program by

Linda A. Barile, Ph.D., RN

Door Prizes Awarded

This is a Free Program

Your reservation is requested by April 30th, via phone, fax or email. Please indicate your name and the number of guests attending.

Phone: 203-596-8777

Fax: 203-596-8793

Email: langellottic@wcsu.edu



*You can hold the keys to
managing your stress.*

Today many people suffer from the stresses of change and burnout. Life is a challenge, no matter who you are. Your effectiveness depends upon your explanatory style and how you manage your stress. This program will guide you toward a new and refreshing way to think about yourself, your priorities and your stress, including how to deal with others who cause stress in you.

Door Prizes

Chair Massages

Refreshments

Door Prizes

1st prize

\$200 Spa Gift Certificate

2nd prize

\$100 Spa Gift Certificate

*(Spa is winner's choice from over
5000 spas nationwide)*

Linda A. Barile, Ph.D., RN



Linda offers 35 years of experience in diversity in settings and in a number of key positions including that as Clinical Specialist, Nursing Educator, and Nurse Manager. She holds

an advanced practice license (APRN). Linda has developed and implemented a number of interdisciplinary programs for hospital personnel at all levels. She has conducted workshops and seminars at both colleges and hospitals including: Quinnipiac University, Pace University, Fairfield University, Elmhurst General Hospital, The Hospital of Central Connecticut, St. Luke's Hospital, Hospital of Saint Raphael, Manchester Hospital and the Cornell Medical Center at New York Hospital. In addition, Linda has functioned as an Associate Professor at St. Francis Hospital School of Nursing, Quinnipiac University, Central Connecticut State University, St. Joseph College and the University of Hartford and as an adjunct professor at Pace University in the Masters in Psychiatric Nursing Program. She has developed and presented many programs in the areas of stress management, leadership skills, and anxiety and psychotic disorders. Linda currently sits on the board of the Health Assistance Intervention Education Network (HAVEN) that provides confidential consultation and support to healthcare professionals facing health concerns related to alcoholism, substance abuse, behavioral or mental health issues and/or physical illness.

Greater
Waterbury
Nursing Consortium
Eight branches. One purpose.