



Indigenous Helper Wellness: Building Skills for Self-Care




Facilitated by Shkaabe Makwa Community Support Specialists:

Lisa Wabange, MSW, RSW | Louis Busch, MEd | Carlos Wilson, MA, RP

Workshop Summary:

This 3-hour workshop will explore Indigenous helper wellness in the context of working with Indigenous communities and service providers. Workshop participants will be able to:

- Recognize the signs of vicarious trauma, compassion fatigue, and burnout in oneself as a helper.
- Identify individual and shared values and effective strategies for nurturing healthy relationships at work and home.
- Apply mindfulness skills to support coping with the stressors associated with helping work.
- Build a plan to support wholistic well-being and to balance work and life responsibilities.

 <p>Option 1</p>	<p>Thursday, February 18, 2021 9:00 a.m. - 12:00 p.m. EST</p>	
 <p>Option 2</p>	<p>Thursday, February 25, 2021 5:00 - 8:00 p.m. EST</p>	

Only 60 participants per workshop!



This workshop is accredited by the Indigenous Certification Board of Canada.

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