



# *Transforming Compassion Fatigue: A Workshop for Helpers*

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*The expectation that  
we can be immersed  
in suffering and loss  
daily and not be  
touched by it is as  
unrealistic as  
expecting to be able  
to walk through  
water without  
getting wet.*

*Rachel Naomi Remen*

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**Compassion Fatigue is known as “the cost of caring.”**

Feeling stretched, impatient, exhausted, dispassionate, and disconnected from the values that first brought you to your work?

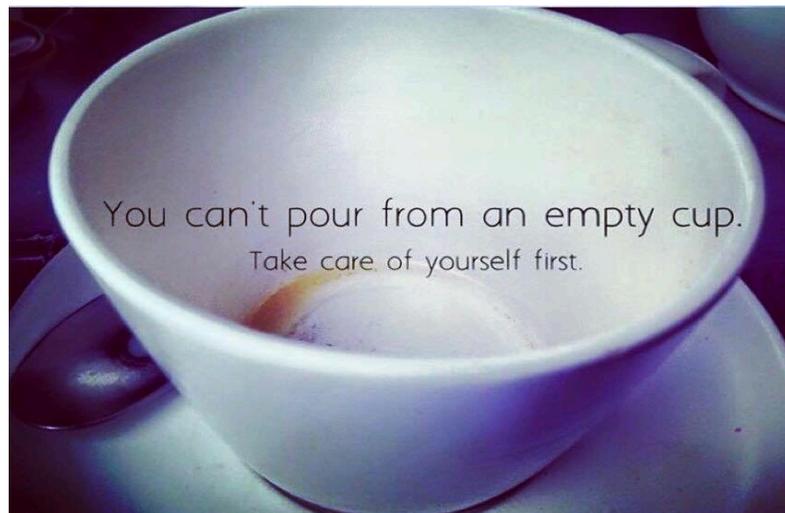
*Transforming Compassion Fatigue* can help!

## **What Will I Learn in This Workshop?**

*Transforming Compassion Fatigue* provides information on how and why compassion fatigue affects our lives as helping professionals and caregivers, as well as practical tips for transforming your wellbeing.

You'll learn strategies for assessing your own level of risk, identifying early warning signs, and developing a tangible self-care action plan.

You'll also learn skills and practices you can use both in the workplace and at home. The workshop provides resources in class as well as recommendations for more evidence-based learning.



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*If your compassion  
does not include  
yourself, it is  
incomplete.*

*Jack Kornfield*

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## Who Should Attend This Workshop?

Compassion fatigue (CF) can affect anyone in a helping role. While rates of CF (as well as vicarious trauma) are especially high among emergency services personnel and social service providers, anyone working in a position that exposes them to others' suffering is vulnerable. This includes (but is not limited to):

- Human resources professionals, supervisors, and managers
- Administrative, customer service, and support staff
- Non-profit and charitable organization staff
- PSWs and other home care workers
- Teachers, professors, and trainers
- Medical and paramedical professionals, and first responders
- Legal service providers

## Delivery Options

The session length is customizable depending on the needs of your group. Ninety-minute introductory sessions, half-day information sessions, and full-day interactive workshops are available.

Pricing is dependent on the group size, workshop length, and venue location. A minimum charge per group will apply.

## About the Trainer

Sarah Stewart is a Registered Social Worker and Certified Compassion Fatigue Educator. She also trains groups in Mental Health First Aid, Workplace Mental Health, and Trauma-Informed Practice. She is based in Guelph and serves Southern Ontario.

## Booking

For more information or to book a session, please contact:

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