

Helping the Helper: Resources and tools to support resilience and mental health for front end workers

January 20th, 2020

10:00-12:00

Community workers are at the front of the COVID pandemic; continuing to provide essential, sometimes lifesaving services, while balancing personal and family wellness. Compassion fatigue and “burnout” are normal human responses to overwhelming emotional demand. This session will focus on tools to enhance staff resilience, and resources that can support an emotionally and mentally healthy work environment.

Learning Objective:

1. Orientation to the Canadian Red Cross Psychological First Aid program. Participants will learn about program goals, content, and access.
2. Participants will learn about tools and resources available to support individual and organizational wellness through the Thunderbird Partnership And the First Peoples Wellness Circle.

Speakers:

Shannon Doubleday: Director Mental Wellness, Alberta Region ISC

Jack Kennedy: Director NIHB, Alberta Region ISC

Dr. Carol Hopkins: Executive Director of the Thunderbird Partnership Foundation

Dr. Brenda Restoule: First Peoples Wellness Circle

Lisa Evanoff: Curriculum, Resource and Training Development, Canadian Red Cross

Nancy Hollman: Community Trainer, Community and Health Services, Canadian Red Cross



Target Audience:
Health Directors, community health workers, Nurses, NNADAP Treatment Centre Directors, Addictions Workers, emergency management

Please register for session at:
<http://WWW.FNTN.CA>

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Telehealth Network
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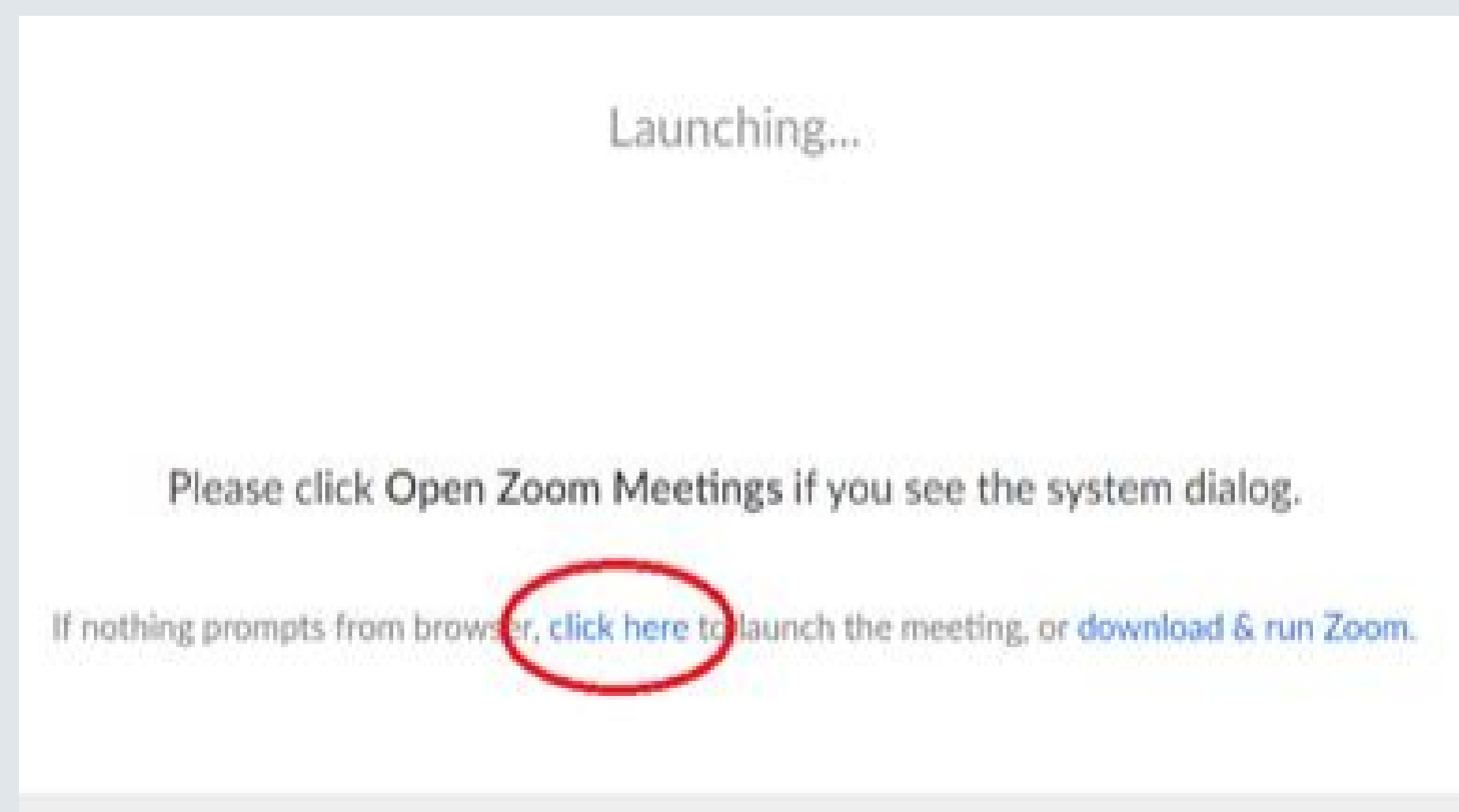
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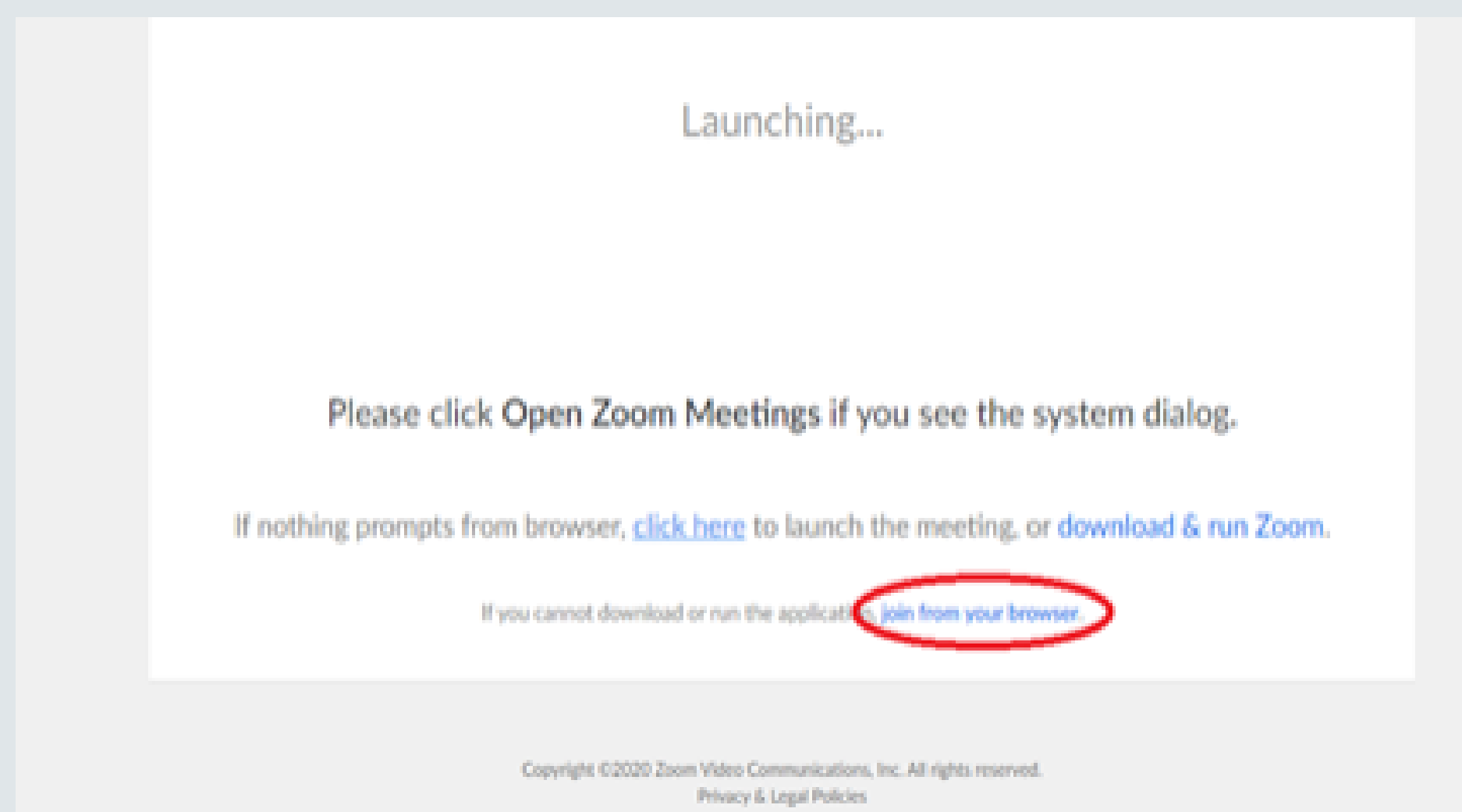
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To join Via Zoom apps:

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4. Choose "download and run Zoom"

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