

Specialized Services for Children and Youth invites you to join us for
Breakfast at SSCY, our monthly learning series!

Topic: Vicarious Trauma amongst Health Practitioners

Vicarious trauma is the psychological impact of repeatedly bearing witness to another person's trauma – it can be the hidden cost to caring. Vicarious trauma can occur in the course of our daily work activities when working with children with disabilities and medical complexities. This workshop will review causes of vicarious trauma and some signs we are experiencing it. We will also review self-care practices and support resources for health care practitioners.

In this session you will learn:

- What is vicarious trauma?
- Why does vicarious trauma happen?
- How does vicarious trauma impact health practitioners?
- How to identify signs that additional supports may be needed.
- Identify self-care strategies for health practitioners.

Presented by: Chris Froese and Sandi Mitchell, Organization & Staff Development,
WRHA

When: 8:00 – 9:00 am, Tuesday, February 11th, 2020

Where: Northern Lights Room, 2nd floor of SSCY Centre, 1155 Notre Dame Ave

Parking: The SSCY Centre parking lot has paid visitor parking,
and street parking may be available

Webinar: The session is available as a webinar; visit our website to register and watch live or to watch the recording: <http://sscy.ca/about-sscy/breakfast-at-sscy/>

Mark your calendar for our upcoming sessions:

March 10th: FASD Sensory Profile Research

Everyone is welcome to attend, and there is no need to register to watch in person