

Front line workers are invited to:

SUSTAINING YOURSELF IN THE WORK *with Brandon Jones, M.A.*

This training is intended for those working in healthcare, mental health, law enforcement, paramedics, and education.

During this session, participants will learn how to sustain themselves, professionally and personally, through the hardships of our current society. Due to the demands and difficulties we face, it is not uncommon to question our abilities and struggle to move forward.

Objectives:

- Participants will develop an understanding of strategies and approaches that can be used to improve their ability to connect and serve clients during challenging times.
- Participants will share their perceptions of self-care in the fields of social services and helping professions.
- Participants will discuss what institutional strategies should be promoted for lower rates of burnout, compassion fatigue, and secondary traumatic stress.
- Participants will have the ability to develop a sustainability plan to improve their self-care around issues of secondary trauma, vicarious trauma, and parallel trauma.

When:

Friday, February 26
12:00 PM - 1:30 PM

Where:

Zoom Webinar

Advanced Registration Required:

Visit www.namigrandrapidsmn.org to register

- After registering, you will receive a confirmation email containing information about joining the webinar.
- Space is limited to the first 100 registrants. A recording will be available at a later date on the NAMI Grand Rapids website.
- Registration information is private, and used only internally for this event by NAMI Grand Rapids.



Brandon Jones, M.A.

While growing up in Saint Paul, MN, Brandon survived domestic violence and various other forms of trauma.

He is now a psychotherapist, professor, and consultant specializing in adverse childhood experiences, historical and intergenerational trauma, social/emotional intelligence, leadership, and youth justice.

Brandon lives by the motto, "live life with purpose, on purpose."

If you have questions about this presentation please contact:

NAMI Grand Rapids, 218-999-7658

Hosted by:

