

Caring for the Everyday Hero

a group for those reclaiming personal wellbeing

When the cost of caring starts to become too much

Vicarious Trauma and Compassion Fatigue are often considered the 'cost of caring' for people employed in areas where they are exposed to the trauma of others. Exposure to the trauma of others can result in profound change in the way one sees the world including an erasure of empathy, hope and compassion. In this group, participants will explore these topics through a variety of mediums to work towards wellbeing.

When: Wednesdays beginning March 4th (8 weeks) (except March 25)

Where: Westminister Community Hall
411 16 St N, Lethbridge

Time: 10:00 am - 12:00 pm

Cost: \$450 (materials included)

Note: Able to bill Blue Cross benefits directly

Space is Limited

Registration: Register through email to Tracy tracy.traumatherapist@gmail.com

Aleitha Ward, MPS(AT) RSW, has worked in the social work field for nearly 40 years, gaining experience with crisis intervention, community development, volunteer management, public awareness, education, and counselling. Aleitha works in her private practice at Aletheia Art Therapy and Counselling. She works with individuals, couples and groups using a person-person-centred and integrative approach.

Aleitha graduated from the U of L with a BFA (Art) and received her MPS (AT) from St Stephens College in Edmonton, AB. Additional training has included extensive work in loss, grief and bereavement, advanced EMDR courses, Gottman Level 1 and Hakomi approaches to couples therapy,

Tracy Harvey, MSW, RSW has worked with addiction, mental health and trauma for over 18 years, providing therapeutic interventions to individuals and groups as well as facilitation, training and supervision. Tracy completed her BSW from U of C, MSW from Dalhousie along with a post-masters certificate in Traumatology.

Tracy works in private practice with a focus on trauma in addition to teaching in Child and Youth Care at Lethbridge Community College. Tracy has also developed and provided training on trauma and vicarious trauma throughout the province to a variety of groups.