



You Empowered Strong

Workplace Well-Being Workshop

AUGUST 17, 2022

9:00 am - 12:00 pm

Compassion Fatigue often has the stigma that people burn out because they take care of others, but people burn out because they don't take care of themselves as they take care of others.

Join the YES Team to welcome Roberta Frantzis as she discusses overall workplace dynamics, indicators of stress and tools for healing

Workshop Will Include:

- Compassion fatigue and root causes
- Group discussions
- Support through real life examples
- And additional resources!

For more information:

Darryl-Jean Peeman, YES Team Lead
YES.TeamLeadesyilx.org
778-392-8133
www.okanagannation.com



Roberta Frantzis

Ninoshenh Counseling

Roberta Frantzis is Anishnabe from Saugeen and Neyaashiinigiing and Cree/Metis from Moose Factory, as well as European heritage. She has been in the helping profession for 20 years. She uses a mixture of compassionate and traditional Indigenous therapeutic approaches.

VIRTUAL WORKSHOP OPEN TO ALL SYILX NATION MEMBERS AND FRONTLINE STAFF