



## **Compassion Fatigue and Burnout**

### **Peer Work Network New Time!**

**Thursday, August 15th  
3pm to 4:30 pm on Zoom**

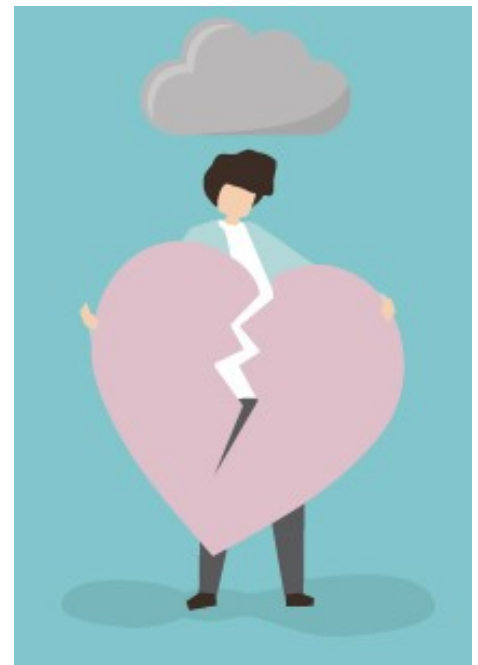
Contact [peerworknetwork@vch.ca](mailto:peerworknetwork@vch.ca) for the Zoom link

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Have you experienced Compassion Fatigue and/or Burnout in your Peer Work?

Come discuss Compassion Fatigue, and how to avoid Burnout in peer work. Common in helping professions, Compassion Fatigue is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, sometimes triggered by a very high workload, or a work environment without sufficient support.

We will watch a short film on the subject, and have an open discussion.



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A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads.



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