

COMPASSION IN ACTION FALL WORKSHOPS

Facilitated by
Felicia C. Jervis B.Ed., M.S.W., R.S.W.

Understanding the Language of Pain: Responding with Wisdom and Compassion

We are offering this workshop in two different time formats: two full days in October and three evenings in November – please choose one)

Monday October 19th and Tuesday October 20th, 2009

8:30 am - 4:30 pm

OR

Thursday evenings: November 12th, 19th, and 26th

6:00 pm - 9:00 pm

WHAT ARE THESE WORKSHOPS ABOUT?

Some vulnerable children and adults express themselves through actions that are at times difficult to understand and support safely. These actions may include: occasional withdrawal or aggressive acts towards self, others and property. These challenging behaviors must be understood as communicative acts that often speak of very difficult lives, the pain of humiliation and rejection, the agony of isolation and loneliness, and a deep yearning to belong.

As such, those of us who are in support relationship with people who are vulnerable are called to respond with wisdom and compassion. We all have the skills, knowledge and capacity to support people safely and with more thoughtfulness, kindness, and patience. But for these qualities and skills to emerge -to manifest compassion in action, to touch the lives of those among us who are most vulnerable we need to approach this subject with an inquiring mind, a willingness to understand and to become more aware, and a commitment to ongoing dialogue and practice.

WHO SHOULD ATTEND?

The workshops are geared towards adult learners, family members, friends, health professionals, service providers, support staff, educators, clergy, community members, in support relationships with vulnerable children and adults. Considering that as experienced adults we have a wealth of knowledge and skills, access to basic wisdom and goodness, and invaluable life experiences, participants are invited to share their diverse stories, insights and perspectives for the benefit of everyone.

ABOUT THE FACILITATOR Felicia has been involved for over 25 years in the lives of children, adults, and older adults who have been seriously marginalized. She has worked within community agencies, schools, hospitals, and mental health services, with family members, service providers and educators. Her practice has been informed by a deep desire to work together towards non-violence and a more peaceful world. For Felicia this can begin with listening deeply, and responding with more wisdom and compassion

to the voices of people who express their pain through self-harming and or aggressive actions.

WHAT PARTICIPANTS CAN EXPECT TO GAIN

- Understanding the underlying meaning of challenging ‘behaviors’ as expressions of pain; exploring the possible roots of pain and distress
- Increased capacity to connect and engage with vulnerable people
- Increased capacity for peaceful presence, deep listening, power sensitive conversation, kind speech, and positive non-authoritarian support practices
- How to develop individualized safety plans for difficult and sometimes dangerous situations
- Understanding the root causes of care giving burnout; learning to balance serving others or putting others first, with taking good care of ourselves

REGISTRATION INFORMATION

REGISTRATION FEE:

Agency Staff: \$95.00 (includes light lunch or supper and refreshments)

Family members and Supporters: \$20.00

(Subsidies are available to families. Please feel free to inquire.)

LOCATION:

Durham Association for Family Respite Services
850 King Street West, Unit 20, Oshawa, ON L1J 8N5

Located at the north west corner of Thornton and King. Turn left into the plaza just before the lights. Turn left down the hill to the lower west side of the building. We are located in Unit 20.

Free parking located at the far west of the plaza

TO REGISTER: Call Cathy Bloomfield at (905) 436-2500 ext 2317 or Email:
cbloomfield@dafrrs.com

Please respect our scent-free policy by eliminating the use of perfumes, colognes and body sprays.