

Hello AIDS Service Organization Colleagues

The AIDS Bureau (Ministry of Health), has been supporting provincial capacity-building programs to plan online sector-wide training opportunities for 2020-21.

**The AIDS Bereavement and Resiliency Program of Ontario ([ABRPO](#)) and The Ontario Harm Reduction Network ([OHRN](#))** are excited for all ASO staff and AIDS Bureau-funded-harm reduction workers in Ontario to participate in online group training with **Vikki Reynolds**:

**Resisting Vicarious Trauma & Burnout with Collective Care, Justice-Doing & Connection: The Zone of Fabulousness** (see below for workshop description and Vikki's bio)

This training will be coordinated by ABRPO and OHRN and complements existing work and resources available through ABRPO. It addresses some of the need workers have been raised over the years and, most recently, related to responding to COVID-19 and increasing overdose deaths in Ontario.

The training consists of two, 3-hour, online discussions held over two consecutive days. There will be 8 cohorts of up to 50 staff, consisting of a mix of agencies and staffing roles. Separate training sessions for staff and managers will also be arranged (dates to follow).

**There are eight cohorts to choose from** (first come first served registration). Please click the date you would like to link to the registration page for that cohort:

1. [August 18 & 19, 1:00pm-4:00pm EST](#)
2. [September 3 & 4, 1:00pm-4:00pm EST](#)
3. [September 16 & 17, 9:00am-12:00pm EST](#)
4. [September 21 & 22, 9:00am-12:00pm EST](#)
5. [October 7 & 8, 9:00am-12:00pm EST](#)
6. [October 22 & 23, 9:00am-12:00pm EST](#)
7. [November 2 & 3, 9:00am-12:00pm EST](#)
8. [November 12 & 13, 9:00am-12:00pm EST](#)

If you have any questions please contact the appropriate program:

- If you are a **direct service harm reduction worker** (at an ASO or other agency), contact: [info@ohrn.org](mailto:info@ohrn.org)
- All other **ASO workers**, contact: [info@abrpo.org](mailto:info@abrpo.org)

#### **Workshop description:**

***Resisting Vicarious Trauma & Burnout with Collective Care, Justice-Doing & Connection: The Zone of Fabulousness***

Folks working with people struggling with addiction, poverty, violence and oppression are often told that they will “burn out”. Contrary to this is a story of sustainability; how our collective work sustains us, nourishes our hope, invites us to honour the resistance and strength we witness in the people we work alongside, and allows us to work congruently with our values and ethics. This experiential workshop will address our collective ethics and practices of collective care as opposed to self-care.

Vikki will differentiate Vicarious Trauma & Burn Out from the spiritual and ethical pain that our work engenders when we are unable to provide dignity and social justice with the people we want to be useful to. We'll look at our solidarity and 'shouldering each other up' in dark times immersed in mean spirited politics and neo-liberalism. Vikki will invite us to consider the transformations our work and the people we work alongside co-create. We'll explore our relationship to a believed-in hope, and resisting charitable and patronizing self-care prescriptions to workers. We will also consider a frame for Resisting Burn out that holds clients at the centre, based on how we treat people, and resist pathologizing ourselves and other workers as mentally ill and deficient...and that's going to bring us to The Zone of Fabulousness...

**Vikki's bio:**

*Vikki Reynolds PhD RCC is an activist/therapist from Vancouver, Canada, who works to bridge the worlds of social justice activism and therapy. Vikki is a white settler of Irish, Newfoundland and English folks, and a heterosexual woman with cisgender privilege. Her experience includes supervision and therapy with peers, activists, and other workers responding to the opioid epidemic/poisonings, torture and political violence, sexualized violence, mental health and substance misuse, homelessness and legislated poverty and working alongside gender and sexually diverse communities. Vikki is an Adjunct Professor and has written, keynoted and presented internationally on the subjects of 'Witnessing Resistance' to oppression/trauma, ally work, resisting 'burnout' with justice-doing, a supervision of solidarity, ethics, and innovative group work. Vikki's articles and keynotes are available free on her website:*

[www.vikkireynolds.ca](http://www.vikkireynolds.ca)



AIDS Bereavement and Resiliency  
Program of Ontario  
Presence. Compassion. Change.

**Thomas Egdorf**

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**Pronouns: he, him, his**

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ABRPO's office is located in Tkaronto, the traditional territory of the Haudenosaunee, the Huron-Wendat, and the Mississaugas of the New Credit - as well as home to many peoples who are displaced by the

ongoing legacy of colonization and community devastation. In our dedication to forming resilient communities and individuals, we strive to center our practice in the treaty rights, self-direction and leadership of Indigenous peoples. We acknowledge the Dish with One Spoon Treaty of this territory, which embodies the practices of hospitality, sharing, and mutual respect. We seek to place these values in the centre of our circle of community.