



# Hot Topics in Schools: Compassion Fatigue - Addressing Empathic Strain in Educators



## PRESENTED BY

**Healthy Schools - AHS, Lyndsey Spring,  
BKin, CSEP-CEP & John Thompson, BA,  
RSW**



## SERIES SESSIONS

Date	Time
November 13, 2024	3:30 PM - 4:45 PM



## LOCATION

**Zoom Online Meeting - Zoom**

## FEE

**\$0.00**

## QUESTIONS?

Contact Us:

**403-381-5580**

## REGISTER ONLINE

Visit our website to register:

**sapdc.ca**

## Learning Opportunity

### Hot Topics in School Health Series:

Education is about connection and caring. Empathic Strain is the gradual erosion of the things that keep us connected to others in our caregiver role: Our empathy, hope, and compassion - not only for others but also for ourselves. Lethbridge Family Services Outreach & Education Supervisor, John Thompson, will lead us through the cost of caring and how to address it for yourself and in the school setting.

## Presenters

### Healthy Schools - AHS

#### Lyndsey Spring, BKin, CSEP-CEP

Lyndsey has been a Health Promotion Facilitator with the Alberta Health Services Healthy Schools Team for over 15 years. She is passionate about supporting schools through the comprehensive school health process to enhance healthy environments for both learning and working.

#### John Thompson, BA, RSW

Lethbridge Family Services Outreach & Education Supervisor

John holds a Bachelor's Degree from the University of Lethbridge in Anthropology and the designation of Registered Social Worker. John has worked in Suicide Prevention since 1989 and joined the Lethbridge Family Services Outreach and Education Program in 2001 with a primary focus on Suicide Prevention and Family Violence Prevention. John is an engaging public speaker and has represented Lethbridge Family Services at local, provincial, and national conferences and initiatives on Suicide Prevention and Family Violence. John is grateful for the opportunity to be a member of such an eclectic and exciting team. John has been married since 1998 and enjoys his role as stepfather and grandpa.

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## Registration Notes

This session is part of a "Hot Topics in School Health Series" presented in collaboration with the AHS Healthy Schools Team. There will be a different topic every month. Please sign up if you cannot attend live but still want the recording.

Zoom link will be sent out in the registration email. Please check your junk/spam folder if you don't see it right away.



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