

12/16/2025

TRAUMA TRAINING TUESDAY

VIRTUAL/ZOOM

THIRD TUESDAY OF THE MONTH

12:00 P.M.-2:00 P.M.

Self-Compassion Skills for Helpers

People in supportive roles often hold themselves to higher standards, sometimes carrying tension or self-criticism. This session focuses on meeting oneself with kindness and understanding, which helps protect against emotional strain, and supports long-term wellbeing. Key themes include gentleness, lightness, and supportive self-talk.. **Sandy Lashin-Curewitz**, Mindfulness Teacher and **Susan Buchholz**, Executive Director, from the Heartwell Institute for Mindfulness will share practical tools you can use now to slow down and show yourself love and kindness in this busy season.!



Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon on December 16th. It will be recorded for later viewing. No need to RSVP to join, and please share!

Topic: Self-Compassion Skills for Helpers

Time: December 16, 2025- 12:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/81768933438?pwd=am9HZmxxSkgjTmRDTDBFRzMzdjlnUT09>



The City of
WORCESTER
Public Health

