



# Compassion Fatigue Workshop for People who Work in Animal Welfare

Does anything on this list describe you?

- ❦ Impulse to rescue anyone/animal in need
- ❦ Bottled up emotions
- ❦ Sadness and apathy
- ❦ Low morale
- ❦ Isolation from others
- ❦ Feelings of depletion
- ❦ Nightmares and flashbacks
- ❦ Unhealthy practices/substance abuse
- ❦ Feelings of hopelessness and frustration
- ❦ Loss of purpose
- ❦ Inability to say "No" but overwhelmed as a result
- ❦ Tendency to put others' needs first

If you answered yes to a few of these, you are well on your way to becoming affected by compassion fatigue. If you answered yes to most of the items on the list above, you know what compassion fatigue feels like but maybe you don't have a clue about how to help yourself.

*"As a 20-year veteran of animal welfare, I am very aware of the sadness, frustration, anger and heartbreak that can result from this very emotional work. This Compassion Fatigue workshop is a step toward understanding the complex emotions we all feel and will provide some tools for healthy self care and healing. I am currently working toward my Masters degree in Counseling Psychology at Lesley University and am specializing in trauma with the goal of working with animal advocates on these very issues. I have offered Compassion Fatigue workshops to shelters, humane societies, and other animal-related groups and look forward to working with you, too."* Anne Lindsay 508-429-1331 [annerlindsay@gmail.com](mailto:annerlindsay@gmail.com)



## The Coalition for Animals

will be hosting a

### Compassion Fatigue Workshop

with Anne Lindsay

**Sunday, April 18<sup>th</sup>**

**1-5pm**

**at The Buttonwood Park Zoo Education Building**

425 Hawthorn Street, New Bedford, MA

**\$25.00 per person**

**Refreshments will be served**

**Space is LIMITED, so please R.S.V.P. to Pamela Holmes 978-509-2203 by April 12<sup>th</sup>**