

SADOD Direct Service Provider Online Training

# Harm Reduction Yourself

Tues June 16<sup>th</sup> 10am - 12pm EST

About the training:

Often as service providers we take on a caretaker role in and outside of work, many times neglecting our own needs. Harm reduction and meeting people "where they're at" is supposed to be a guiding principle. Are we adhering to this principle with ourselves? This workshop will explore areas of life such as our own substance use, mental health, interpersonal relationships, and where we can utilize the practice of harm reduction on ourselves, as a way of helping build sustainability and resilience as humans doing direct service work amidst overdose and other related crises.

After the training participants will be able to:

- Recognize ways to apply harm reduction principles in the context of our work and life
- Discuss how to integrate harm reduction into personal decision making
- Remember different ways to access community care and peer grief support



More info on DSP Program  
[linktr.ee/SADODdsp](https://linktr.ee/SADODdsp)



Register:

[wkf.ms/41IWRKj](https://wkf.ms/41IWRKj)



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