

SADOD Direct Service Provider Online Training

# Good Grief - Tools For The Workday

Tues May 19<sup>th</sup> 10am-12pm EST

People working in jobs affected by the overdose crisis often carry a heavy burden from the grief, stress and trauma of the day to day experiences doing this work, combined with all we face as humans outside of work. This workshop will provide space to name all that we are up against, while offering tangible, practical tools to help support ourselves and each other through grief, loss, distress and trauma. Guided nervous system exercises and other tips and tricks will be offered as tools which can help aid in building long term resilience, and also anchor back into during acutely distressing or traumatic events.

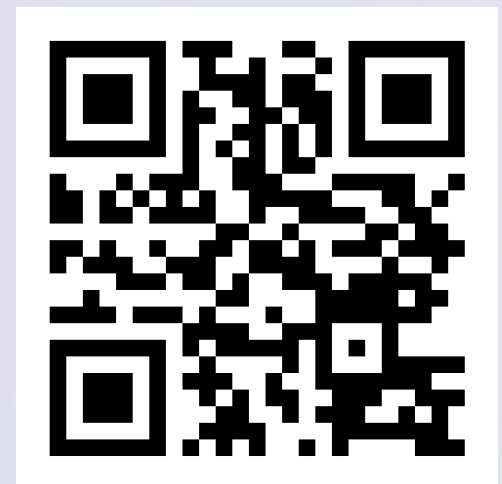
After this training attendees will be able to:

- Identify stressors and issues direct service providers (DSPs) face
- Discuss what tools, practices, and areas of focus could help support DSPs
- Utilize, identify, and practice different techniques and tools that can be of support to them individually

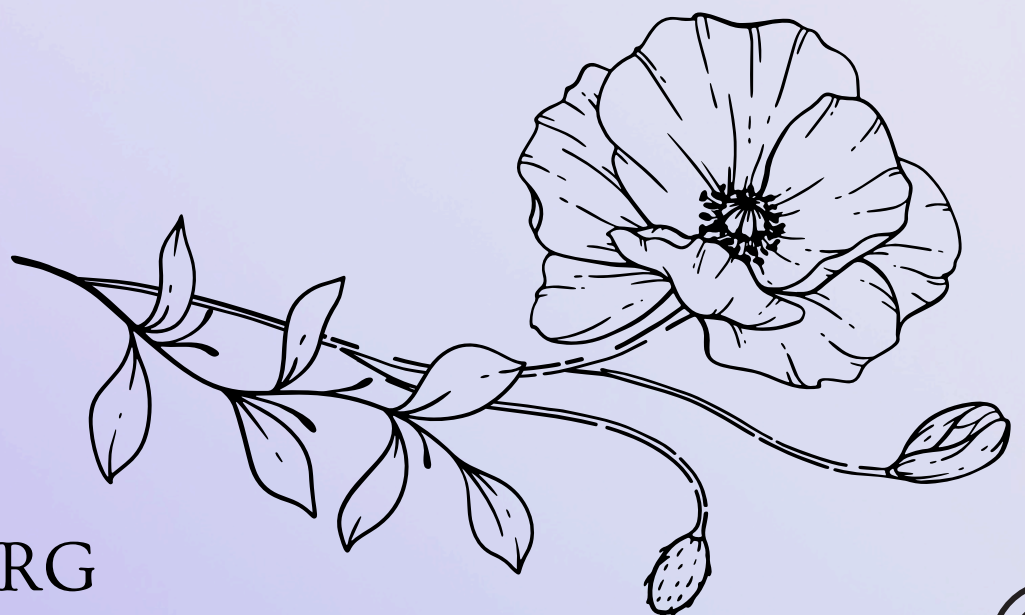
You will be sent a Zoom link for the training. You need to have a registered Zoom account to be able to log into the trainings



Registration:  
[wkf.ms/4vwMEy5](https://wkf.ms/4vwMEy5)



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



[Gabriel@SADOD.ORG](mailto:Gabriel@SADOD.ORG)