



About CAPSA

CAPSA impacts health outcomes related to substance use through evidence, compassion and integrity, by delivering transformative education and training.

CAPSA has developed an effective, evidence-based and impactful training and education program designed to equip you with knowledge and tools to understand and eliminate substance use stigma, to improve the health outcomes of the 78% of people over the age of 15, living in Canada, who use substances. These trainings are unique to CAPSA, as they are developed and delivered by researchers and educators, informed by their lived and living expertise.

Contact CAPSA



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COMPASSIONATE CARE

Staying Well
While Helping Others

Training & Education





The Foundations

Join this innovative and evidence-based 2-hour training that will strengthen your ability to practice compassion when caring for others. Uncover false beliefs that contribute to cycles of frustration and fatigue. Gain an understanding of approaches that model health while supporting those you care for by discovering your roadway to compassionate care.

This training is your opportunity to build a skillful practice that can make a difference in societies, systems and people needing care.

Deepening the Practice

Join CAPSA for an immersive and comprehensive half-day workshop designed to provide practical tools and concepts to counter frustration and fatigue, to maintain your wellness while caring for others. Gain the necessary skills to challenge false beliefs and to guide you to compassionate practices. The workshop format encourages active participation and fosters a collaborative learning environment, allowing participants to engage deeply with the content. You will leave this workshop with the knowledge and skills to identify and develop a healthy roadway to compassionate care.

Learning Objectives

To equip you with knowledge and tools to understand and eliminate cycles of frustration and fatigue, while maintaining your wellness through healthy practices of compassion by:

- ✓ Acknowledging and recognizing the existing skills of those in caring roles
- ✓ Understanding the cycles of frustration and fatigue and how this impacts the wellness of caregivers
- ✓ Discovering your roadway to health and compassionate care