

## LEARNING COLLABORATIVE MONTHLY TOPICS

OCT

**Compassion Without Collapse:  
The Self-Care Equation**  
Tuesday, October 14<sup>th</sup>, 2025  
11:00 am - 12:00 noon

NOV

**Wearing Thin: Understanding  
and Navigating Secondary  
Trauma**  
Tuesday, November 11<sup>th</sup>, 2025  
11:00 am - 12:00 noon

DEC

**Fuel for the Journey: Values as  
a Self-Care Compass**  
Tuesday, December 16<sup>th</sup>, 2025  
11:00 am - 12:00 noon

JAN

**Circle of Strength: Reclaiming  
Your Energy Through Control**  
Tuesday, January 13<sup>th</sup>, 2026  
11:00 am - 12:00 noon

FEB

**Centered and Connected: Self-  
Care Through the Lens of the  
3R's**  
Tuesday, February 10<sup>th</sup>, 2026  
11:00 am - 12:00 noon

MAR

**Peer and Team Support:  
Together, Not Alone**  
Tuesday, March 10<sup>th</sup>, 2026  
11:00 am - 12:00 noon



Let's reimagine what it means to care - for ourselves, our teams, and the families we support.



### QUESTIONS?

Please contact:  
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# REIMAGINING SELF-CARE LEARNING COLLABORATIVE: A SIX-MONTH JOURNEY FOR HELPING PROFESSIONALS



**Mental Health  
Ambassadors**

*"Self-care isn't a luxury - it's a  
foundation for effective  
practice."*



## REIMAGINING SELF-CARE: A SIX-MONTH JOURNEY FOR HELPING PROFESSIONALS

This learning collaborative was created for helping professionals and caregivers who want practical tools and shared space to strengthen their self-care practices, both individually and as part of a team.

Rooted in research on trauma-informed self-care, these sessions provide meaningful strategies to reduce burnout, enhance compassion satisfaction, and promote healthier work environments. When we care for ourselves and each other, we sustain the heart of this work.



Free virtual sessions



No registration required



Continuing Education Hours

## HOW IT WORKS



### Before Each Session:

Each month (October 2025 through March 2026), a short YouTube video around self-care will be introduced. The video will be posted on the Wisconsin Child Welfare Professional Development System website by the second Wednesday of the month. Participants can watch the video at a time that is convenient for them.

A short worksheet with prompts to guide reflection and practice application will be posted with the video.



### During the Session:

A live, facilitated discussion will be held on the second Tuesday of each month from 11:00 am to 12:00 noon to explore the video and how the ideas relate to your work and wellness. You do not need to register for the discussion; just join the Zoom link.



### Afterward:

Leave with insights and ideas for strengthening both personal and organizational self-care practices. You will receive one continuing education hour for each session attended.

## WHO SHOULD ATTEND?

This series is designed for:

- CPS professionals
- Youth justice workers
- Tribal partners
- Home visitors
- Foster/adoption workers
- Kinship/like kin providers
- Lived experience experts
- Supervisors
- Directors
- Parents, kin and like kin caregivers, foster parents, adoptive parents
- Anyone supporting children and families

## WHY JOIN US?

Join a supportive community of helping professionals and caregivers who are rethinking what it means to care for themselves and each other individually, as a team, and as a system.

