

In light of the large numbers of immigrants and refugees that Windsor Essex has received over the past year, WE LIP, together with the Canadian Mental Health Association hosted a Compassion Fatigue workshop. The purpose of the half-day session was to provide frontline staff working with newcomers/refugees tools to help reduce the risk and/or mitigate the impact of Compassion Fatigue.

Over 40 participants from 7 different agencies received information about:

- Compassion Fatigue, Vicarious Trauma and Burnout
- What is Compassion Fatigue, and what are the warning signs & symptoms?
- Who is affected and how?
- Individual and organizational factors that can contribute to and/or alleviate workplace stress and Compassion Fatigue

The following organizations participated in the workshop:

- YMCA of Windsor-Essex
- Greater Essex County District School Board
- Collège Boréal
- Multicultural Council of Windsor and Essex County
- Windsor Essex County Health Unit
- Women's Enterprise Skills Training Inc.
- City of Windsor



Participant feedback:

“This is a very good training. It would be nice if it's open to everyone not just the few. This could be helpful to supervisors, coordinators and managements. This could help to strengthen the support system and the circle of trust.”

“We need to have this particular workshop more often. It was nice to be able to relax, sit back and take a good look at how we work.”

“Thank you for the opportunity to laugh today.”

“Continue training of first line workers in settlement sector because information always changes and new challenges always emerge.”

For six weeks during the summer, an ambitious group of Newcomer Syrian youth worked hard to enhance both their community and their personal development while participating in a summer camp called: Hyggelig Transition: Empowering Youth for a Changing World. WE LIP council member, Lina Chaker, helped to organize the camp. The project was led by Hiba Hijazi and was meant to aid in the youth's integration to Windsor through personal development, volunteerism, and community engagement. The Windsor Women Working With Immigrant Women welcomed the camp by providing space and staff support.

On August 19, 2016 at the St. Clair College Residence and Conference Centre, a graduation celebration and public reception was held. Each partnering organization was formally recognized for its

The evening was comprised of activities that showcased the work of the participating youth:

- Video Presentation: Recognizing Community Contributions**
 A video documenting the different ways camp participants volunteered in Windsor-Essex.
- Living Library Session: Providing Space for Dialogue**
 Break out circles where the youth narrated their lived experiences.
- Quilt Story: Expressing Themselves through Pictures**
 An opportunity to connect one individual's story to the stories of others and keep them alive for a new generation.



Hyggelig Camp was made possible, in part, with the help of the following WE LIP committee member organizations:

- Windsor Islamic Council
- The Windsor Women Working With Immigrant Women
- Unemployed Help Centre
- New Canadians' Centre of Excellence Inc.
- Multicultural Council of Windsor and Essex County

