



Attachment Network Of Connecticut (ANCT) presents  
No One Eats Alone lunchtime series

***When Helpers Feel Helpless:  
Naming the Problem & Beginning  
the Work of Healing***

Presented by  
ANCT

November 9, 2022 (Part 1) &  
November 30, 2022 (Part 2)  
from 12-1 pm  
Please Join Us!

## About this Event

### When Helpers Feel Helpless

The Attachment Network of Connecticut is well aware that many of people in the helping professions feel challenged in ways we have not experienced before. We realize that these challenges are not unique to helpers, but in some ways they are more complex for us. The ongoing pandemic and other global concerns have placed tremendous burden on vast swaths of the population, depleting resources, and leaving many feeling chronically stressed, helpless, and overwhelmed. We have seen mental health needs accelerate in many age brackets. In addition, helpers are feeling exhausted and inadequate to the tasks at hand.

For the upcoming program, we invite our attendees to engage in a dialogue with us. We invite you to reflect upon the idea that we are living at a time where multiple, chronic stressors and global challenges can be taxing for the very people who are in positions of helping and providing support for others, including mental health professionals, educators, program administrators, parents, and caregivers. How do we help ourselves become regulated so that we can be emotionally available for those who are relying upon us? What do we need for ourselves, and what might be provided to facilitate our work and reduce risk for burnout?

During this 2-part program, we invite you to participate in a discussion as we attempt to describe:

- the type and range of challenges currently facing our helpers;
- a shared understanding about how people have been impacted by these difficulties;
- available tools and a model of understanding to assist helpers in self-care, self-regulation, relational connection, and feeling competent in their work/roles;
- what additional topics would be helpful for ANCT to cover in upcoming programs to support your work and well-being.



#### Event Details:

Wednesday, November 9, 2022 (Part 1) &

Wednesday, November 30, 2022 (Part 2)

12 - 1 pm, Zoom event



To Register for the event, which will be held on Zoom please follow this link:

<https://uconn-edu.zoom.us/meeting/register/tJEkcuqvpzsuHdE8N8JNoAT1vDCamhV8n1zM>

After registering, you will receive a confirmation email containing information about joining the meeting.



Artwork: Rising from the Ashes, Reike Baptista, 2022  
Healing Power of Art: Resilience 2022 Exhibition

To learn more about ANCT, please visit our  
website at:

[Attachmentnetworkofconnecticut.com](http://Attachmentnetworkofconnecticut.com)

Reike Baptista