

A YouthREX Teach-In

RESISTING BURNOUT AND VICARIOUS TRAUMA

Collective care and solidarity in frontline work

Thursday, December 7th
12:30 PM to 3:00 PM ET

12:30 - 12:40 PM Welcome & Land Recognition

12:40 - 1:00 PM Context-Setting & Introductions
Spoken Word Performance by David Delisca

1:00 - 2:00 PM Keynote from Vikki Reynolds, *Collective Care and Solidarity in Frontline Work: Resisting Burnout and Vicarious Trauma*

2:00 - 2:15 PM Spoken Word Performance by Shahaddah Jack
Health Break / Music / Wellness

2:15 - 2:40 PM Q&A with Vikki

2:40 - 2:55 PM Community Dialogue: *What moved you or mattered most to you? Why does it matter or how does it connect to your work? What is your call to action?*

2:55 - 3:00 PM Closing

