

# "Care Without Collapse: The Toll and Truth of Helping"

*Panel Discussion*



**Jerica  
Coffey**



**Ebony  
Johnson**



**Jesus  
Solorio**

*and moderated by Oriana Ides*

**Day 2 – January 23, 2026**

**9:50 a.m. – 10: 40 a.m. PT/ 12:50 p.m. – 1:40 p.m. ET**

*Life After Loss: A Special, No-Cost Two-Day Virtual Summit  
Exploring Grief Aftermath for Educators, Mental Health Providers,  
School Leaders, and Child Advocates*





**“Many helpers are highly practiced at showing up for others while remaining emotionally abandoned themselves.**

**Over time, this becomes its own form of harm.”**

— Dr. Thema Bryant, writings and talks on trauma and resilience

# What Has Sustained Me in Grief Aftermath as a Helper

- Jerica Coffey, MA Ed. Director, Liberation Learners Early College Program

## Resources

- *The Wild Edge of Sorrow*, Francis Weller
- [Vol. 2 No. 3 \(2023\): Special Issue on Grief as an Invitation to Heal: Extending Trauma-Informed Pedagogies, Research, and Praxis](#)
- [Pa'lante Transformative Justice Guide book](#)

## Transformative Practice

- **Practice:** Grief Circles
- **When I turn to it** After a loss in the community, and to support youth who are experiencing loss
- **What it protects:** The sacred work of grief



# What Has Sustained Me in Grief Aftermath as a Helper

- Jesus Solorio, LMFT, Ollin Therapy

## Resources

- *Your own spirituality and/or ancestral lineage*
- [Recovering Your Sacredness](#) by Jerry Tello
- [Cultura y Bienestar](#) Edited by Concepcion Saucedo Martinez & Ricardo Carrillo

## Transformative Practice

- **Name of the practice:** Altar building
- **When I turn to it:** After loss, when feeling disconnected and supporting community with loss
- **What it protects:** The love and pain associated with grief



# What Has Sustained Me in Grief Aftermath as a Helper

-Ebony Sinnamon-Johnson, MA. MFT As You Are Offerings

## Resources

### Spaciousness

- Boundaries allowing me space to feel, reflect, be...
- Loving the Mess
- Embrace the Pause

### Compassionate Curiosity

- Seeing, Feeling w/o Judgement
- Exploratory Inquiry

### Nature

- Walking, hiking, exercising
- Sitting, laying in/with the elements

### Ancestor Rituals

- Altars
- Readings
- Libations
- Prayers/Chats

## Transformative Practice

- **Name of the practice:** Creating Compassionate Space
- **When I turn to it:** Feeling sad, helpless, conflicted about loss/losses
- **What it protects:** Clarity, balanced perspective, strength





## Reflecting, Together

- How do (or don't) the panelists' experiences mirror your own as a care provider right now?
- What helps you continue caring for others without betraying your own needs, boundaries, or grief?
- If you could give tender care or compassionate witness to parts of yourself—past, present, or future—what would that look like, and what conversations or actions could ripple outward to create new possibilities?