

Register now for FREE access to our updated e-Learning series!

The *Your Health Space e-Learning Fall Series* is tailored to the needs and experiences of health care staff, providing access to **three self-directed courses** focused on boosting mental health literacy and teaching strategies to manage and mitigate the effects of stress in the health care workplace.

Receive a **Certificate of Completion** after each course - up to three certificates by the end of fall!

12-week series begins Tuesday, September 5, 2023!

Registration now open for anyone in Ontario's health care workforce.

Register!



[Click here](#) or scan the QR code for more information or to register. Please note the registration deadline is October 10 2023.

Learn !



Each four-week course is made up of 2-3 modules. Have questions? Your Health Space trainers are available throughout the learning process via chat function.

Connect !



30-minute Skill Building Sessions are scheduled throughout the Series, hosted virtually by Your Health Space Trainers.

Recognize !



After each course, receive a Certificate of Completion recognizing your commitment to workplace mental health.

Courses & Modules

[Click here for full schedule](#)

Well-Being at Work

September 5 - October 1

- Psychological Health & Safety
- Flourishing & Wellness
- Mindfulness

Navigating Stress at Work

October 1 - October 29

- Occupational Stress
- Burnout

Continuing to Care at Work

October 30 - November 26

- Compassion Fatigue
- Traumatic Stress
- Moral Distress

