

## 9-week series begins Wednesday, May 1, 2024!

Join fellow health care workers across Ontario for the **Your Health Space e-Learning Series** - a hybrid learning experience tailored to the needs and experiences of health care staff. Over the course of two months, you will be provided with access to **three self-directed courses** and weekly live **skill-building sessions** focused on boosting mental health literacy and teaching strategies to manage and mitigate the effects of stress in the health care workplace.



Learn more about YHS e-Learning experience via this video [here](#).

### Register!



Registration will be made available in April.

### Learn!



Each course is made up of 2-3 modules

### Connect!



30-minute Skill Building Sessions are scheduled weekly, hosted virtually by YHS Trainers.

### Recognize!



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



## Skill-Building Session Schedule

Course	Modules	Skill Building Session Dates (Thursday 12PM)	
Well-Being at Work	• Psychological Health & Safety	<b>May 2</b>	Dimensions of Wellness
	• Flourishing & Wellness	<b>May 9</b>	PERMA Model
	• Mindfulness	<b>May 16</b>	S.T.O.P. Technique
Navigating Stress at Work	• Occupational Stress	<b>May 23</b>	SMART Goals
		<b>May 30</b>	Circle of Influence
	• Burnout	<b>June 6</b>	Job Demands-Resources Model
Continuing to Care at Work	• Compassion Fatigue	<b>June 13</b>	Zones of Empathic Strain
	• Moral Distress	<b>June 20</b>	4A Model
	• Traumatic Stress	<b>June 27</b>	Low-Impact Debriefing