



THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE



Join us for a workplace mental health workshop:

May 15, 2024

ICP Main Mtg Room

Protection from Burnout 1130-1230hrs

Length: 1 hour

Explore the three components of burnout while uncovering associated risk factors and protective factors to help prevent burnout.

Empathic Strain 1330-1430hrs

Length: 1 hour

Empathy is a must-have quality for health care workers, but it can be difficult to sustain. This session provides an overview of how empathic strain manifests in the caring professions and practical steps that can be taken to keep this occupational stressor at bay.

No Registration required.



A free workplace mental health service
for Ontario's health care organizations



Canadian Mental
Health Association
Ontario

