

# YHS e-Learning Summer Series

## 9-week series begins Tuesday, July 2, 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!



To register, click [here!](#)



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>July 4</b>	Dimensions of Wellness
	• Flourishing & Wellness	<b>July 11</b>	PERMA Model
	• Mindfulness	<b>July 18</b>	S.T.O.P. Technique
Navigating Stress at Work	• Occupational Stress	<b>July 25</b>	SMART Goals
		<b>Aug 1</b>	Circle of Influence
	• Burnout	<b>Aug 8</b>	Job Demands-Resources Model
Continuing to Care at Work	• Compassion Fatigue	<b>Aug 15</b>	Zones of Empathic Strain
	• Moral Distress	<b>Aug 22</b>	4A Model
	• Traumatic Stress	<b>Aug 29</b>	Low-Impact Debriefing