

Holiday Cheer Week

December 16–20

We invite all staff, professional staff, learners and volunteers to celebrate the holiday season by participating in one (or all!) of the Holiday Cheer Week events. We want to say a big “thank you” for all your incredible work throughout the year. Take some time out to connect with colleagues and celebrate the season of joy with us.



Holiday Market December 5

10:00 a.m. to 3:00 p.m.

Location: 2nd floor - Main lobby by gift shop and Volunteer Services; back of cafeteria.

Vendors from the community will be onsite selling goods for the Holiday season.

Mindful Moments December 17

12:15 p.m. - 12:45 p.m.

Join **Justyna Kondakow**, RYT 250 (Registered Yoga Teacher/250hrs) for a session on mindfulness in the ICP Main - Room 2178.

Managing Stress During the Holidays Presentation December 19

12:00-12:30 p.m. and 12:30-1:00 p.m.

Location: Auditorium B

Join Speaker **Erin Montelpare**, Counsellor/Psychotherapist, Thunder Bay Counselling for her talk about tips and tricks to handling stress during the holidays. Snacks and refreshments to be provided.

Holiday Music

Enjoy piano, flute, and brass, drumming and French choir musical performances to ring in the holiday season throughout December.

All Week (December 16-20)

Showcase Your Holiday Decorations

Get festive and decorate your work area! Submit your photos to Human Resources at TBRHSC.humanresources@tbh.net to be entered into prize draws. Note decorations have to comply with CPO-01 Workspace Policy.

Dress in Your Best Holiday Attire

Dress in your best holiday attire and submit your photos to Human Resources at TBRHSC.humanresources@tbh.net to be entered into prize draws.

Holiday Trivia

Participate in our daily holiday-themed trivia and be entered into prize draws. Check the Daily INformed Newsletter for details.

Donation Challenge

This time of year, the Renal Services Food Bank and Patient Clothing Cupboard are looking for donations. Challenge another department and see who can gather the most donations for these patient-centred causes.

Grocery Draws

All paid staff (TBRHSC and RI) will be entered into a draw for **50 x \$100 grocery gift cards**, 10 draws to be made each day of the week.