

Holiday Cheer Week

December 15-19

We invite all staff, professional staff, learners and volunteers to celebrate the holiday season by participating in one (or all!) of this year's Holiday Cheer events.

We want to say a big "thank you" for all your incredible work throughout the year. Take some time to connect with colleagues and celebrate the season of joy with us.

Winter Solstice Celebration

December 12, 2025

12:00 p.m. – 1:00 p.m.

Location: Medical Centre Room 202C

Join us in celebrating the Winter Solstice, a time of reflection, renewal, and community. Gather around as an Elder shares teachings, stories, and songs to honor the longest night and welcome the return of the light.

To register, email **Annette Klement**, Traditional Wellness Lead at Annette.Klement@tbh.net

Wellness Workshop Holiday Stress

December 17, 2025

11:00 a.m. – 11:30 a.m. or 11:30 a.m. – 12:00 p.m.

Location: Auditorium A (Level 3)

Join speaker **Kalie McIntosh**, Registered Psychotherapist, as she explores the challenges of managing stress during the holiday season and discusses methods to stay grounded, protect your mental health, and cultivate a more joyful holiday experience.

Holiday Music

Enjoy piano, brass, and drumming musical performances throughout December to celebrate the joy of the holiday season.

All Week:

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. Deadline to enter is December 18.

Note: Decorations must 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 by December 18, to be entered into prize draws.

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.

*The Patient Clothing Cupboard donations are particularly looking for donations of new socks and underwear for women and men.

Grocery Draws

All paid staff (TBRHSC and RI) will be entered into a draw for 1 of 50 \$100.00 grocery gift cards, 10 draws to be made each day of the week.