YHS e-Learning Spring Series 2026

Spring into the season with the YHS e-Learning Series!

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. Access self-directed online modules at any time, and attend our weekly optional attendance 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. Throughout the spring, we will be hosting these sessions on Tuesdays at 12PM. Hope to see you there!

Register!

To register, click here or scan the QR code below

Register now!

Learn more about YHS e-Learning experience via this video here.

Learn !

Each course is made up of 2-3 modules completed at your preferred pace

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 (Completed at your preferred pace)	Skill Building Session Dates (Tuesdays at 12PM)	
Navigating Occupational Risks at Work	• Occupational Stress	**April 7**	Circle of Influence
	• Burnout	**April 14**	Job Demands-Resources Model
	• Traumatic Stress	**April 21**	Low-Impact Debriefing
Continuing to Care at Work	• Empathic Strain	**April 28**	Zones of Empathic Strain
	• Moral Distress	**May 5**	4A Approach
	• Occupational Stress	**May 12**	GROW Model
Maintaining Well-Being at Work	• Psychological Health & Safety	**May 19**	Dimensions of Wellness
	• Mindfulness	**May 26**	S.T.O.P. Technique
	• Flourishing & Wellness	**June 2**	PERMA Model

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

Canadian Mental Health Association Ontario

Ontario