

Your Health Space E-Learning



Canadian Mental
Health Association
Ontario

Join us online with the any of the three YHS e-Learning courses!

Join fellow health care workers across Ontario for the Your Health Space e-Learning - 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 available Tuesdays at 12PM. We offer three courses, which are available on an alternating basis. Hope to see you there!



Learn more about YHS e-Learning experience via this video [here](#).

Register!



To register, [click here](#) or scan the QR code below



Register now!

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.

Upcoming E-Learning Course Dates

Courses	Modules (Completed at your preferred pace)	Skill Building Session Dates (Tuesdays at 12PM)
Navigating Occupational Stressors at Work (starts July 1)	• Occupational Stress	July 14 Circle of Influence
	• Burnout	July 21 Job Demands-Resources Model
	• Traumatic Stress	July 28 Low-Impact Debriefing
Continuing to Care at Work (starts August 1)	• Empathic Strain	Aug 11 Zones of Empathic Strain
		Aug 18 Boundaries
	• Moral Distress	Aug 25 4A Approach
Maintaining Well-Being at Work (starts September 1)	• Psychological Health & Safety	Sept 8 Dimensions of Wellness
	• Mindfulness	Sept 15 S.T.O.P. Technique
	• Flourishing & Wellness	Sept 22 PERMA Model