

Small steps can lead to big changes in your organization

Psychological Health and Safety

Virtual Learning Series

January 23 - 27, 2023

Join us for a series of webinars focusing on mental health
and psychologically healthy and safe workplaces

WorkplaceNL

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Webinars for the week include:

- ☑ Self-Care for Mental Health • Jan 23, 2023 (10-11 a.m.)
- ☑ Creating a Respectful Workplace • Jan 24, 2023 (10-11 a.m.)
- ☑ Am I Okay? Checking in on your Mental Health • Jan 25, 2023 (10-11 a.m.)
- ☑ Meet Canada's Workplace Mental Health Champion • Jan 25, 2023 (2-3 p.m.)
- ☑ The Basics of Peer Support • Jan 26, 2023 (10-11 a.m.)
- ☑ Stand Up to Stigma • Jan 27, 2023 (10-11 a.m.)

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For more information please [e safety@workplacenl.ca](mailto:safety@workplacenl.ca) or [t 1.800.563.9000](tel:18005639000)