

Winter program

Jul - Sep

All workshops this quarter are online

Mentally Healthy Workplaces

Making your workplace thrive through a culture of care

Building your workplace wellbeing:
An intro to the Healthy Workers
Healthy Futures toolkit

Return to Work skill building

Let's talk: Being okay with not okay

The fundamentals

Back to basics - A Return to Work
Coordinator refresher

Introduction to Mentally
Healthy Workplaces

Beyond the basics: Recovery and
return to work strategies

Supporting return to work: A guide
for managers

Spring program

Oct - Dec

Mentally Healthy Workplaces

Managing psychological risks
and hazards

Your community supports for building
a Mentally Healthy Workplace

Return to Work skill building

Managing psychological injuries

The fundamentals

Back to basics - A Return to Work
Coordinator refresher

Introduction to Mentally
Healthy Workplaces

Beyond the basics: Recovery and
return to work strategies

Supporting return to work: A guide
for managers

Summer program

Jan - Mar

Mentally Healthy Workplaces

Gaining commitment for a Mentally
Healthy Workplace

Building your workplace
wellbeing program

Your community supports for building
a mentally healthy workplace
(regional)

The fundamentals

Back to basics - A Return to Work
Coordinator refresher

Introduction to Mentally
Healthy Workplaces

Beyond the basics: Recovery and
return to work strategies

Supporting return to work: A guide
for managers

Register now

Autumn program

Apr - Jun

Mentally Healthy Workplaces

Building your workplace
wellbeing program

Return to Work skill building

The art of intervening early

Managing conflict in the return to
work process

The fundamentals

Back to basics - A Return to Work
Coordinator refresher

Introduction to Mentally
Healthy Workplaces

Beyond the basics: Recovery and
return to work strategies

Supporting return to work: A guide
for managers

Registrations open in March