

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

[Register now](#)

Summer program

Jan - Mar

Mentally Healthy Workplaces

Gaining commitment for a Mentally Healthy Workplace

Building your workplace wellbeing program

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 December

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