

### 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

### 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*

[Register now](#)