

Start the new season with the YHS Fall Series!

Join fellow health care workers across Ontario for the **Your Health Space e-Learning Series** - 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. Throughout the fall, we will be hosting these sessions on Tuesdays at 12PM. 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.



Skill-Building Session Schedule

Course	Modules (Completed at your preferred pace)	Skill Building Session Dates (Tuesdays at 12PM)	
Navigating Occupational Risks at Work	• Occupational Stress	Oct 7	Circle of Influence
	• Burnout	Oct 14	Job Demands-Resources Model
	• Traumatic Stress	Oct 21	Low-Impact Debriefing
Continuing to Care at Work	• Empathic Strain	Oct 28	Zones of Empathic Strain
	• Moral Distress	Nov 4	4A Approach
	• Occupational Stress	Nov 11	GROW Model
Maintaining Well-Being at Work	• Psychological Health & Safety	Nov 18	Dimensions of Wellness
	• Mindfulness	Nov 25	S.T.O.P. Technique
	• Flourishing & Wellness	Dec 4	PERMA Model