



Canadian Mental
Health Association
Ontario



Free workplace mental
health training for Ontario's
health care organizations

FOSTERING WELL-BEING THROUGH LEADERSHIP

Start the new year by exploring the role health care leaders play in supporting the mental well-being of their teams. Join us for this FREE virtual workshop series. Spaces are filling up quickly - secure your spot by registering now!



Part 1: Promoting Psychological Health and Safety

This workshop describes the concept of health-oriented leadership, explores the role of leaders in promoting the psychological health and safety of teams, and defines Protection from Moral Distress.

Click to register:

[Jan. 8, 2026: 10:00 a.m. - 12:00 p.m.](#)



Part 2: Enhancing Psychological Support

This workshop describes what it means to flourish and languish in the workplace, explores CMHA Ontario's 3-Gear Model, and recognizes how the acute stress response can impact communication.

Click to register:

[Jan. 15, 2026: 1:00 - 3:00 p.m.](#)



Part 3: Inspiring Psychological Well-Being

Discover the importance of psychological self-care among leaders and explore the Dimensions of Wellness to understand their connection to flourishing in the workplace.

Click to register:

[Jan. 23, 2026: 1:00 - 3:00 p.m.](#)

For more information, please contact Pauline Daugherty at pdaugherty@ontario.cmha.ca