



Free Online Webinar

# Caring for Ourselves While Caring for Others

 April 7, 2026

 12:30 - 1:30 EST

 Live on Zoom

 Registration Required



Scan to Register

-  Understand how mental health stigma shows up in the workplace
-  Learn how to recognize and respond to mental health concerns with confidence
-  Build psychological safety through supportive, respectful conversations

In collaboration with



Canadian Mental  
Health Association  
*Mental health for all*