

Mental Health Week 2026 Training Series

Coming Together for Ontario's Health Care System

You're Invited

This Mental Health Week, CMHA Ontario's Your Health Space team invites you to *Coming Together for Ontario's Health Care System*. This **free**, virtual training series is open to **all health care staff across Ontario**.

Participants will learn evidence-based strategies to enhance workplace well-being by fostering positive relationships, practicing respectful and effective communication and establishing healthy boundaries to support psychological self-care.

Scan the QR code or click the links below to register



Overview

Creating Connection at Work - **May 5th, 2026** (11 a.m. - 12 p.m. EST) [REGISTER HERE](#)

Creating Connection at Work - **May 5th, 2026** (8 p.m. - 9 p.m. EST) [REGISTER HERE](#)

Consideration & Collaboration at Work - **May 6th 2026** (11 a.m. - 12 p.m. EST) [REGISTER HERE](#)

Consideration & Collaboration at Work - **May 6th 2026** (8 p.m. - 9 p.m. EST) [REGISTER HERE](#)

Boundaries at Work - **May 7th 2026** (2 p.m. - 3 p.m. EST) [REGISTER HERE](#)

Boundaries at Work - **May 7th 2026** (8 p.m. - 9 p.m. EST) [REGISTER HERE](#)