

**Occupational Health & Safety Invites you to:**

**Workshops with**

**Dr. Joti Samra, R. Psych**

**“ ... a national thought leader on issues relating to psychological health, wellness and resilience.”**



**WHEN: TUESDAY, APRIL 7 2020**

**WHERE: CULLEN FAMILY THEATRE SPH**

**DUPLICATE SESSIONS: 1000 – 1300 & 1330 – 1630**

**Module 1: 1000 – 1100 or 1330 - 1430**

**Understanding psychological health/importance of enhancing psychological wellness & resilience; prevalence & overview of common MH conditions, signs & symptoms (in self & others)**

**Module 2: 1100 – 1200 or 1430 - 1530**

**Evidence based approaches & strategies to enhance psychological health, wellness & resilience (home & work)**

**Module 3: 1200 – 1300 or 1530 - 1630**

**Strategies to approach employees who are struggling (do's and don'ts in conversations, having difficult conversations, roles/responsibilities, etc)**

**Bring your snacks & lunch (if applicable). Coffee, tea, water provided.**

**RRSP to [scoughlin@providencehealth.bc.ca](mailto:scoughlin@providencehealth.bc.ca) – space limited!**