

Supporting Employees, Building Healthy Workplaces

Register for our Mental Health Webinars

In order to continue to grow our support for the mental health of our membership, Vocate is launching a mental health program this year. Given the various challenges faced during the pandemic, Vocate is launching a program to help build and support your mental health by providing various tools and strategies that you can put in place for your own well-being. The format of the short-term program will consist of five sessions that will take place from February to May of this school year. Each session is comprised of two parts: a webinar and a discussion period.

Each one hour session covers a particular mental health topic and will be delivered and facilitated by a certified mental health professional. Each session consists of a thirty minute information webinar followed by a thirty minute online discussion on application. During the discussion period, each registered participant can interact with the experts in an online discussion of various tools and strategies that can be used for application.

Program Schedule

Each session will start at 7:00 PM on the following dates:

- Session 1: February 2, 2021: **Self Care: Identifying and Regulating Your Own Mental Health** (Led by Shawn Groen, Shalem Mental Health Network)
- Session 2: February 23, 2021: **Creating a Healthy Life Balance: Home, Work, Leisure, Church and Other Commitments** (Led by Marg Smit-Vandezande, Shalem Mental Health Network)
- Session 3: March 23, 2021: **The Aspects of Loss and Relationships at the Workplace** – *What can we do to help with the various losses experienced in our relationships with the students prior to the pandemic? What about staff relationships?* (Led by Betty Brouwer, Shalem Mental Health Network)
- Session 4: April 27, 2021: **Supporting One Another** – *How can we support students and their families when they are struggling? How do we identify the red flags in students or their parents?* (Led by Kayla Coombs, School Counsellor, Kings Christian Collegiate and Annette Stephenson, Social Work and ESL, Strathroy Community Christian School)
- Session 5: May 25, 2021: **The Impact of Distancing: Socially, Spiritually, and Culturally** – *What really is the impact of the mask? How have we been impacted by the different types of distancing that we have experienced given the pandemic lockdowns? How do we re-establish our relationships coming out of Covid-19?* (Led by David McCallum, Shalem Mental Health Network)

Registration and Confidentiality

Registrants may choose as many of the sessions as they would like. Registrants may choose to take part in the information webinar or the online discussion period or both. Attending one of the parts of the session does not require the registrant to attend both parts of the session.

Given the sensitive nature of personal mental health, all registrations are kept confidential and attendance at the sessions will be done anonymously. In order to maintain anonymity during the discussion period, attendees will have the option to ask questions and make comments through a moderated discussion forum instead of doing so by voice.

To select the sessions that you would like to attend, please fill out the sessions form [here](#). For each session selected, a separate registration email will be sent. Once you have registered through this email, you will receive a confidential and individualized link so you can join the session as an anonymous attendee.

Pricing

All sessions are free for members of Vocate.

For non-members, the cost is \$25.00 per session per registrant. Each non-member registrant will be invoiced directly by Vocate for the sessions that you register.