



A free workplace mental health service for Ontario's health care organizations



Program Catalogue



Canadian Mental Health Association
Ontario



This is Your Health Space

Space to learn, listen, share, and connect.

Your Health Space is a **free** workplace mental health program developed and delivered by the Canadian Mental Health Association (CMHA), Ontario and funded by the Ministry of Health.

Your Health Space provides psychoeducational training to support Ontario's health care organizations in addressing chronic workplace stress and moral stressors affecting their teams with the goal of fostering psychologically healthy and safe workplaces that support employee well-being at work. Psychoeducation is the first step to ensure common understanding toward employee wellness and Your Health Space can help by delivering learning opportunities that encourage awareness, knowledge exchange, and idea sharing across your organization.

To view more detailed information about Your Health Space training, follow the **clickable links!**



Our Trainers

Our team includes **Trainers** from across Ontario who bring with them decades of experience working in health care, training, and adult education.



Allow us to help operationalize your organization's wellness strategy by bringing Your Health Space to your organization today!





Message from our CEO

Thank you for your interest in Your Health Space.

The Canadian Mental Health Association (CMHA), Ontario envisioned providing this program when we learned of the burnout of staff on the frontline of health care. We wanted to provide new workplace mental health offerings that could respond to the unique needs of Ontario's health care organizations.

With funding from Ontario's Ministry of Health, the idea has evolved into a robust curriculum with flexible delivery options, a talented team of Trainers across the province, and overwhelmingly positive participant feedback, with approximately 4.2 out of 5 participants reporting that applying what they learned will enhance their well-being. This demonstrates both that there is a need for workplace mental health supports for health care organizations, and that program participants are recognizing the value that this curriculum creates.

I am tremendously proud of this program and the work of our team and sincerely hope that it is helpful to you and your organization. I am also very interested in feedback. Should you have some, you can reach me at cquenneville@ontario.cmha.ca

Kind regards!

Camille Quenneville, CEO
Canadian Mental Health Association, Ontario Division

MORE THAN
71 000
PARTICIPANTS
TRAINED



* As of December 31, 2024

About CMHA Ontario

Incorporated in 1952, CMHA Ontario provides community-based programs and services across the province to meet the needs of individuals seeking support with their mental health and addictions. Our 30 local CMHA branches are part of a community-based mental health sector which services approximately 500,000 Ontarians annually.

Program Overview

What to Expect

Organizations



Register at yourhealthspace.ca/register-now/



Connect with Your Health Space to discuss your needs



Sign a Client Agreement



Select, schedule, and promote training based on the needs of your organization

Participants



Attend in-person or virtual training



Fill out an evaluation to help us measure impact & enhance Your Health Space



Request a Certificate of Completion



Your Health Space offers a variety of psychoeducational training modalities and topics to meet the learning needs of your organization; all presented by health care workers for health care workers.

Training designed for health care leaders is available in the **Space for Leaders**, while the **Space for Connection** offers opportunities for individuals across the organization to participate in training together. Watch the video above to learn more about Your Health Space.



Space for Leaders

Who is a health care leader?

- Executive leaders
- HR professionals
- Managers
- Supervisors
- Team Leaders

Strategies to support well-being at work are most effective when they are integrated into workplace culture, and research shows that organizations that are committed to supporting their employees' psychological health and safety experience benefits such as increased engagement, productivity, and retention.

Training available in the Space for Leaders empowers health care leaders in your organization with the tools and strategies they need to become health-oriented leaders.

Fostering Well-Being Through Leadership Series

Through the lens of the National Standard of Canada for Psychological Health and Safety in the Workplace, the *Fostering Well-Being Through Leadership Series* is designed to introduce health care leaders to the concept of psychological health & safety as a means of promoting and upholding employee well-being. Provide the series as a **full-day intensive with 6 hours of instruction** or as a **series of two-hour workshops**.



Workshop Series Titles:

- Promoting Psychological Health & Safety
- Enhancing Psychological Support
- Inspiring Psychological Well-Being

Is your organization experiencing a lot of change? Schedule a 1-hour webinar designed specifically for leaders, **Supporting Well-Being Through Change**.

Cultivating Physician Well-Being: An Organizational Roadmap for Leaders

Physicians across Ontario face significant levels of chronic workplace stress due to the unique nature of their roles. Despite these challenges, a prevailing culture often encourages physicians to prioritize patient care over their own mental health concerns. *Cultivating Physician Well-Being: An Organizational Roadmap for Leaders* aims to shift physician workplace culture by providing senior leaders with an evidence-informed roadmap to address the well-being of physicians.

- Discuss, learn, and collaborate with other organizations in dedicated hospital and primary care cohorts
- Delivered **virtually** in a series of **three 3-hour modules** hosting on Zoom Events
- Co-developed and co-facilitated by Ontario physicians
- Required participation from 3 – 5 individuals from each organization, with a mix of senior c-suite leaders, physician leaders, and physicians

Module Titles

- Understanding Physician Well-Being
- Addressing Physician Well-Being
- Reflecting on Progress Toward Physician Well-Being



To receive an invitation to register for future dates, [click here!](#)



Space for Connection

Who is a health care worker?

Any individual in direct contact with patients, clients, or residents who works at an organization that receives funding from Ontario Health, the Ministry of Health or the Ministry of Long-Term Care.

Demonstrate your commitment to the psychological well-being of your employees and cultivate a culture of care and trust by offering mental health education through Your Health Space. With a focus on increasing mental health literacy and empowering your health care workforce with evidence-based strategies, Your Health Space training contributes to high-quality care and a resilient, flourishing workforce!

Training in the Space for Connection is open to leaders and health care workers alike. Connect with Your Health Space today to develop a training plan that meets the unique needs of your organization.


A variety of learning modalities are available, including:


- Live training delivered in-person or virtually
- Wellness Moments micro-learnings scheduled in full or half days
- Self-directed e-Learning Series via LearnDash Learning Management System

Live Training

Featuring an audience engagement platform that encourages active participation, Your Health Space Trainers deliver dynamic training on a variety of topics. Following each training, participants are encouraged to complete an evaluation and are given the opportunity to request a Certificate of Completion to recognize their commitment to workplace mental health.



 **Webinars** are live, interactive, 1-hour didactic training sessions that encourage reflection and teach practical skills.

In addition to encouraging reflection and teaching practical skills, 2-hour  **workshops** provide opportunity for application of theory and discussion among participants.

While all live training is available for both in-person and virtual delivery, Your Health Space requires that organizations schedule a minimum of 2 hours of training in a day to secure in-person training.

Recording & Sharing Policy

To create authentic learning environments and respect the privacy of participants, Your Health Space training is never recorded and slide decks are never shared.

Wellness Moments

Leveraging emerging evidence in work-based micro-learning, Wellness Moments are compact, condensed training sessions delivered in an engaging, gamified way. These focused, **10- to 15-minute huddles** have been developed to adapt to the demanding schedules of health care workers and ensure they are able to participate in training. With a choice between two topics at the point of delivery, visual props and individual takeaways enhance learning while a laminated 11 x 14" poster is left with the team to reinforce concepts.

In-person training for rural & remote communities

At Your Health Space, we take pride in being able to meet the training needs of Ontario's health care organizations regardless of their geographic location!

For organizations in rural and remote areas that require significant travel or overnight accommodations, we strive to organize multiple days of training at one or more organizations in the area to maximize our Trainers' time - all at no cost to the organization.



Wellness Moments are available only to hospitals and long-term care.



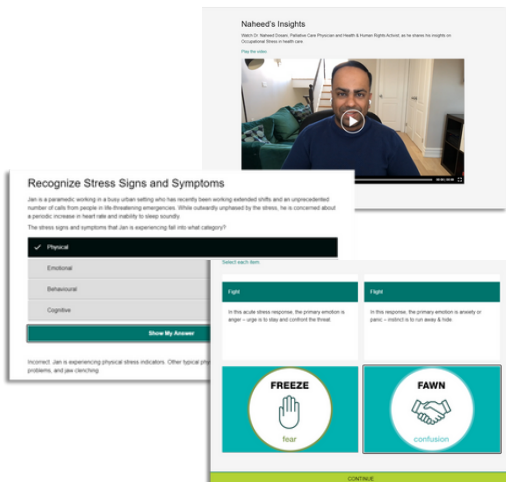
What to Expect

1. Select one of our unique **learning pathways** and schedule Your Health Space Trainers for a full or half-day.
2. Identify a member of your organization who can partner with Your Health Space on the day of delivery.
3. Your Health Space Trainers visit different workspaces to offer 10- to 15-minute targeted psychoeducation and at least one practical strategy that health care workers can apply to improve their mental well-being in the workplace!

E-Learning Series

Delivered through LearnDash Learning Management System, the Your Health Space

E-Learning Series is self-directed and tailored to the needs and experiences of health care workers. By building on the pre-existing knowledge of health care workers, modules focus on boosting mental health literacy and teaching strategies to manage and mitigate the effects of stress in the health care workplace.



Work with our E-Learning Coordinator to select a 12-week access period convenient for your organization, providing access to three, four-week courses with 30-minute Skill Building Sessions hosted virtually by Your Health Space Trainers. Following each course, learners will be issued a Certificate of Completion recognizing their commitment to workplace mental health.

Expanding Possibilities:

Innovative Offerings from Your Health Space

As part of our commitment to the mental well-being of health care workers across Ontario, Your Health Space provides a selection of creative solutions to engage with audiences outside of a traditional training setting.

Health Care Events

No matter the event, count on Your Health Space Trainers to engage with your audience, offer practical strategies for workplace well-being, share about our program, and provide information on accessing support and resources. Review the options below and connect with Your Health Space today to discuss how we can meet your unique needs.

Wellness Table

With an interactive table at your event or fair, Your Health Space Trainers provide focused micro-training to attendees related to wellness with learning reinforced by a take-away resource.

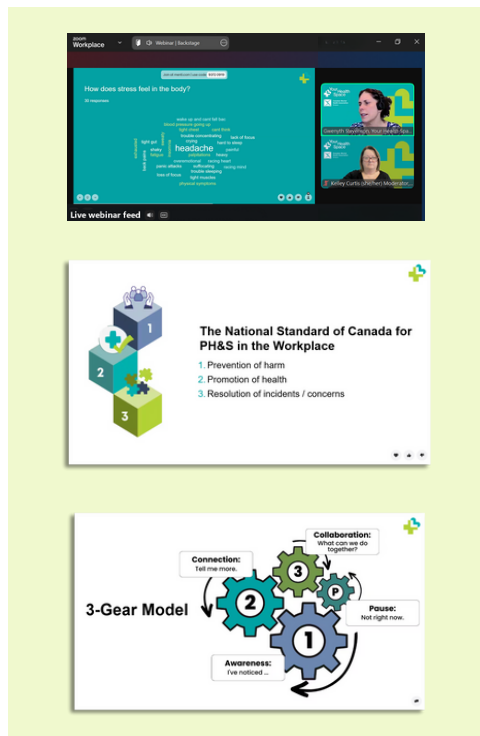


Conferences

Transform your collaborative event into a learning opportunity by providing live, interactive training to attendees, engaging your audience with a Wellness Table, or inviting Your Health Space as an exhibitor.

Community Training

Partner with Your Health Space to provide training for your health care-related community group, association, or community of practice.



Provincial Offerings

Throughout the year, Your Health Space offers engaging and accessible training opportunities designed to support the workplace well-being and professional development of individual health care workers across Ontario. Training offered provincially is available for individual registration and is advertised through flyers, social media, and promotion within Your Health Space's network. Encourage ongoing learning to supplement Your Health Space training and your organization's wellness strategy by promoting these offerings to your staff.

Live Training

Past series have included a weekly *Strengthening Psychological Health & Safety* webinar series, *Fostering Well-Being Through Leadership*, and *Flourishing February!* Individual registration for live training delivered provincially is completed through Zoom Events.

E-Learning

Flexible, self-paced e-learning modules paired with weekly, live skill-building sessions deliver impactful insights anytime, anywhere. Individual registration is open regularly with the series of three, four-week courses offered quarterly.

Thank you for exploring Your Health Space

Join the more than 71,000 participants who have already benefited from our training and together, we can work toward a healthier, more supportive health care environment for all!

CONTACT US

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Your Health Space is provided by the Canadian Mental Health Association (CMHA), Ontario Division.

To learn more about CMHA ON and to discover more CMHA ON programs, services, and resources, please visit www.ontario.cmha.ca or [click here](#) to locate a CMHA branch near you.

For extra well-being supports available in Ontario, [click here](#) or scan the QR code!



Mental Health & Well-Being Supports

Your Health Space

A free workplace mental health service for Ontario's health care organizations



Canadian Mental Health Association
Ontario

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