

# YHS e-Learning Winter Series Schedule

**12-week series begins Monday, January 8, 2023!**

Course	Modules	Skill Building Session Dates (Tuesday 12PM)	
<b>Well-Being at Work</b> January 8 - February 4	<ul style="list-style-type: none"> <li>• Psychological Health &amp; Safety</li> <li>• Flourishing &amp; Wellness</li> <li>• Mindfulness</li> </ul>	<b>Jan 9</b>	No Session
		<b>Jan 16</b>	Dimensions of Wellness
		<b>Jan 23</b>	PERMA Model
		<b>Jan 30</b>	S.T.O.P. Technique
<b>Navigating Stress at Work</b> February 5 - March 3	<ul style="list-style-type: none"> <li>• Occupational Stress</li> <li>• Burnout</li> </ul>	<b>Feb 6</b>	No Session
		<b>Feb 13</b>	SMART Goals
		<b>Feb 20</b>	Job Demands-Resources Model
		<b>Feb 27</b>	Circle of Influence
<b>Continuing to Care at Work</b> March 4 - March 31	<ul style="list-style-type: none"> <li>• Compassion Fatigue</li> <li>• Moral Distress</li> <li>• Traumatic Stress</li> </ul>	<b>Mar 5</b>	No Session
		<b>Mar 12</b>	Zones of Empathic Strain
		<b>Mar 19</b>	4A Model
		<b>Mar 26</b>	Low-Impact Debriefing

## About Your Health Space

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

