

The **Your Health Space e-Learning Series** is tailored to the needs and experiences of health care staff, providing access to **three self-directed courses** focused on boosting mental health literacy and teaching strategies to manage and mitigate the effects of stress in the health care workplace.

Register for FREE access to the 12-week series!



The e-Learning Series follows a hybrid learning model. In addition to the self-directed modules, drop-in for a 30-minute Skill-Building Session. Learn more about the YHS e-Learning experience [here](#).

Courses & Modules

Well-Being at Work

- Psychological Health & Safety
- Flourishing & Wellness
- Mindfulness

Navigating Stress at Work

- Occupational Stress
- Burnout

Continuing to Care at Work

- Compassion Fatigue
- Traumatic Stress
- Moral Distress

Register!



[Click here](#) or scan the QR code for more information or to register.

Learn !



Each four-week course is made up of 2-3 modules. Have questions? Your Health Space trainers are available throughout the learning process via chat function.

Connect !



30-minute Skill-Building Sessions are scheduled throughout the Series, hosted virtually by Your Health Space Trainers.

Recognize !



After each course, receive a Certificate of Completion recognizing your commitment to workplace mental health.



SCAN THE CODE

