

YHS e-Learning Winter Series

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

Learn more about YHS e-Learning experience via this video [here](#).



SCAN THE CODE 

OR

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To register for **FREE** access to the 12-week series!



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

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

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