

**YHS and Hospice Niagara presents:**  
**Well-being in the Workplace Virtual Workshop Series**

**All workshops are Tuesdays at 1 pm**

For further information, please contact **Cindy Pestrak**  
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**About Your Health Space** - Your Health Space (YHS) aims to assist health care organizations across Ontario in strengthening mental health in the workplace by providing psychoeducational workshops for staff across all levels of an organization.



*Receive a Certificate of Completion after each workshop to add to your online profiles!*

For more information about the Your Health Space program including trainer bios, visit: [Home - Your Health Space](#)

**Managing Stress in the Workplace**  
**January 23<sup>rd</sup>, 2024**  
**1:00 -3:00 pm on ZOOM**  
[CLICK here to REGISTER!](#)

<p><b>Burnout: From Exhaustion to Efficacy</b>  <b>February 6<sup>th</sup>, 2024</b>  <b>1:00 -3:00 pm on ZOOM</b>  <a href="#">CLICK here to REGISTER!</a></p>	<p><b>Mindfulness in the Workplace</b>  <b>February 20<sup>th</sup>, 2024</b>  <b>1:00 -3:00 pm on ZOOM</b>  <a href="#">CLICK here to REGISTER!</a></p>
<p><b>Traumatic Stress (1 hour)</b>  <b>March 5<sup>th</sup>, 2024</b>  <b>1:00 -2:00 pm on ZOOM</b>  <a href="#">CLICK here to REGISTER!</a></p>	<p><b>Empathic Strain (1 hour)</b>  <b>March 19<sup>th</sup>, 2024</b>  <b>1:00 -2:00 pm on ZOOM</b>  <a href="#">CLICK here to REGISTER!</a></p>
<p><b>Dealing with Grief and Loss</b>  <b>April 2<sup>nd</sup>, 2024</b>  <b>1:00 -3:00 pm on ZOOM</b>  <a href="#">CLICK here to REGISTER!</a></p>	<p><b>Fostering Trauma Informed Workplaces</b>  <b>April 16<sup>th</sup>, 2024</b>  <b>1:00 -3:00 pm on ZOOM</b>  <a href="#">CLICK here to REGISTER!</a></p>