



Click [here](#) or scan the QR code
to register for a free workshop

Please confirm with your
supervisor **prior** to registering

Registration deadline: Two
weeks before the session



This **FREE virtual** and **interactive training** workshop will deepen understanding of mental health challenges in the workplace, focusing on stigma and its biases. Through engaging discussions and exercises, participants will learn strategies to counter stigma, fostering a more inclusive, supportive environment for all.

- **Thursday, February 27** (13:00–15:00)
- **Tuesday, March 4** (09:00–11:00)
- **Wednesday, March 5** (11:00–13:00)

If none of these dates work but you are interested in participating in a future session, please email hpwb@hpph.ca