

**People  
Working  
Well**

**BC's Hub for  
Workplace  
Mental Health**



## UPCOMING WEBINARS for Community Social Services

MAR 19 12PM - 1PM

### **Vicarious Trauma: Creating a Trauma- Informed Culture**

For professionals at all levels who are looking to gain a deeper understanding of vicarious trauma and implement strategies to protect both individual and organizational well-being. Join us to learn how you can contribute to a healthier, more resilient workplace.

MAR 26 12PM - 1PM

### **Improving Wellness With BounceBack®**

Join us to explore BounceBack®, CMHA's free, evidence-based mental health program designed to reduce anxiety and depression symptoms by up to 50%. Grounded in CBT Therapy, this program offers BC residents aged 13+ practical strategies to manage stress, worry, unhelpful thinking, and more.

APR 3 12PM - 1PM

### **Psychological Health & Safety Study - Key Findings & Next Steps**

A presentation of the key findings from our Community Social Services (CSS) Sector Psychological Climate study. We'll explore the psychological hazards affecting both leaders and front-line workers and discuss the critical challenges the sector faces in maintaining psychological health and safety.

**REGISTER NOW at [PeopleWorkingWellBC.ca/events](https://PeopleWorkingWellBC.ca/events)**



In partnership with

