

**People
Working
Well**

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



UPCOMING WEBINARS for Community Social Services

JUL 9 12PM - 1PM

Increasing Emotional Intelligence at Work

Learn practical tools to strengthen emotional intelligence, improve communication, and build healthier workplaces. This interactive webinar explores emotional triggers, behaviours, and how to respond thoughtfully to others—especially in high-stress environments.

JUL 23 12PM - 1PM

Substance Use Recovery: a Personal Account From the Front Lines

Brian Dean Williams shares his personal journey of coping with stress and moral injury as a frontline worker in mental health and substance use care. He offers a heartfelt account of the challenges he faced, how his work and struggles intertwined, and the path he took toward healing, resilience, and hope.

AUG 27 12PM - 1PM

Preventing Workplace Bullying Through Psychological Safety

This webinar helps participants recognize bullying, understand its impact on psychological safety, and explore proactive, organization-wide strategies to build a respectful, inclusive culture. Designed for leaders, HR professionals, and employees committed to fostering safer, more supportive work environments.

REGISTER NOW at PeopleWorkingWellBC.ca/events



**Canadian Mental
Health Association**
British Columbia
Mental health for all



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