

**People
Working
Well**

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



UPCOMING WEBINARS for Community Social Services

NOV 19 | 12PM - 1PM



Balancing Leadership and Frontline Realities

With Chris Burt

This webinar explores the shift from frontline work to management in social services. New leaders often face pressure to balance client care with budgets and contracts. Learn practical skills to manage resources, support your team, and keep services strong while meeting organizational goals.

DEC 10 | 12PM - 1PM



Mindfulness Practices for Building Resilience

With Brian Dean Williams

Frontline work can be rewarding but also draining. In this session, Brian shares his recovery story and how mindfulness helped. Learn simple practices, the science behind them, and ways to apply mindfulness to reduce stress, build resilience, and support long-term well-being for yourself and your team.

REGISTER NOW at PeopleWorkingWellBC.ca/events



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



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