

Workshop:

Mental Health in the Workplace

Participants will learn about the National Standard for Psychological Health and Safety in the Workplace and how to promote and enhance mental health at work.

- Learn about resources to support implementation including the *have THAT talk* mental health promotion [video series](#) and accompanying [Facilitator's Guide](#).
- Come and hear our panel participants share their experience of working towards mentally healthy workplaces.
- We will have a representative from the Ottawa Carleton District School Board to talk about their experience as a large workplace and a representative from Vanier Cooperative Childcare Centre to share their experiences as a small organization.

When: Tuesday, October 30th, 2018

Where: Ron Kolbus Lakeside Centre
(102 Greenview Ave)

Time: 8:30 a.m. to 11:30 a.m. (registration begins at 8:00 a.m.)

To register: Please register via Eventbrite

<https://www.eventbrite.ca/e/mental-health-in-the-workplace-registration-47996280166>

We appreciate you sharing this invitation with your networks, partners and co-workers. If you would like to be added to our distribution list and receive updated information, please let us know via mentalhealthteam@ottawa.ca. For more information, please contact mentalhealthteam@ottawa.ca or Chanel Brown at 613-580-2424, extension 21279.

Veillez noter que cet atelier sera offert en français, le jeudi 18 octobre.

