



Des Moines Chapter



Tuesday, November 17, 2026



6:30 PM - 8:30 PM



TBD

Mental Health in the Workplace

In-person training with
Josh Mullins



Empower Your Workplace with Mental Wellness!

Are you ready to transform your workplace into a thriving, supportive environment? Mental health in the workplace doesn't mean mental illness. It encompasses the environment in which we work, which can lead to burnout, depression, fear, and other challenges. This class is designed to equip you with the knowledge and tools necessary to foster a culture of mental wellness, ensuring happier, healthier, and more productive employees.

What You Will Learn:

- Identifying Signs of Mental Health Issues: Learn to recognize early warning signs and provide timely support.
- Creating a Supportive Environment: Strategies to build a workplace culture that prioritizes mental health.
- Implementing Effective Policies: Practical steps to introduce and sustain mental health initiatives.
- Supporting Employee Well-being: Tools and techniques to help employees manage stress and maintain balance.

Members: \$35
Non-Members: \$45

includes dinner
and training

For shop
owners,
managers,
and service
advisors

MWACA is committed to providing a recruitment-free environment during training sessions and events for all employees of its member shops.

Register at **MWACA.org/events**

Questions? **816.413.9800**