

Healthy workplace. **Healthy workers.**



Mental Health in the Workplace Workshop Series:

Research show that there are 13 psychosocial factors that greatly impact mental health in the workplace. Join us as we host a **series of free workshops**, each focusing on an individual factor to help you learn more about how you can build a mentally healthy workplace.

Visit **guardingmindsatwork.ca** for more information about the factors.

Light breakfast and refreshments provided • Free parking

RSVP by calling 905 688 8248 ext. 7518 or email **workplace.health@niagararegion.ca**

If you have any questions, please contact Dan Schonewille at **dan.schonewille@niagararegion.ca**

Please note: Maximum two representatives per workplace (20-seat maximum)