



Mindful Campuses 2025 Workshop

Helping to empower you with practical tools to navigate today's challenges. Build skills that can enhance communication, connection and care.

Join us for this workshop to help create a healthier, stronger and more connected workplace.

Workshop name:

Who should attend:

Date:

Start time:

End time:

Location:

To register:

We thank and acknowledge Workplace Strategies for Mental Health and Mindful Employer Canada. They support post-secondary institutions and their commitment to raise awareness of mental health and well-being among staff, students and faculty.



**Workplace Strategies
for Mental Health**

