



HEALTHY *at* WORK

FREE WEBINAR SERIES

Tuesday, March 8th
12:00-1:00pm

CARRIE DAVIS, MSW, RSW Workplace Outreach Worker

*Canadian Mental Health Association
Windsor-Essex County Branch*

Carrie Davis is a registered social worker with the Ontario College of Social Workers and Social Service Workers with a Master of Social Work from the University of Waterloo.

She has worked at the Canadian Mental Health Association Windsor-Essex County Branch for the past 14 years in various roles. Her current role is workplace outreach worker.

In that role, she provides mental health education, short-term therapeutic supports and resources navigation to workplaces throughout Windsor-Essex County.



**Canadian Mental
Health Association**
Windsor-Essex County

Community well-being is our sole focus.

OPTIMIZING WORKPLACE PSYCHOLOGICAL HEALTH BY UNDERSTANDING RESOURCES NAVIGATION

There was a notable increase in mental health and addictions challenges as well as other outcomes including increased domestic violence throughout the pandemic.

For people faced with these circumstances, it can sometimes make it feel like support is hard to find. There are many resources that can help us manage these difficult circumstances and bring hope back into our lives, and into our workforces.

This webinar will provide information and resources throughout Windsor and Essex County to support our mental health and addiction challenges, and other emerging issues and how to navigate life's challenges more effectively.

Learning outcomes include:



SCAN ME

Eventbrite



Register by Noon on March 8th at

www.eventbrite.ca/e/optimizing-work-psychological-health-by-understanding-resources-navigation-tickets-261098321107