

Space to learn



Space to listen

The system is overwhelmed and so is your team.

Your Health Space is a **FREE** workplace mental health training program for Health Care Workers, Leaders, and Support Staff in Ontario's health care settings. The program includes virtual or in-person live workshops with trainers and self-directed modules. Let's address chronic workplace stress.

Creating space for workplace mental health.



Space to share



A free workplace mental health service for Ontario's health care organizations



Canadian Mental Health Association
Ontario

Register your organization today to bring this free program to your workplace: YourHealthSpace.ca