



My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Mental Health**. Download this month's issue for health information and tips you can share with your employees.

[My Wellness Connection](#)



Complimentary Webinar, Empathy, Resilience and Compassion at work

May 28th 26, 2024 | 12pm - 1pm EST

Join us for a complimentary webinar as we explore the importance of and need for empathy, resilience and compassion in the workplace. During this session we will explore the topic of emotional intelligence and how this influences our performance and relationships with others. This session is being offered in alignment with the Canadian Mental Health Association's annual Mental Health Week theme. The healing power of compassion connects us all and we look forward to having you join us.

[Register Today!](#)

Did you know 450 million people currently struggle with mental illness worldwide. In Canada, more than 6.7 million of us are affected.

(Source: <https://www.camh.ca/en/driving-change/the-crisis-is-real>)



This year's #MentalHealthWeek is all about compassion! Join the Canadian Mental Health Association (CMHA) in a conversation about how **#CompassionConnects** from May 6-12.

Download your toolkit today at www.mentalhealthweek.ca.

Get Well. Stay Well. Live Well.



Questions? Please contact info@groupecenseo.com

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