

COVID-19 INFO

COCHRANE TEMISKAMING RESOURCE CENTRE

To: All Staff
From: Daniel Roy
Subject: Free Web Resource – we will pay you to attend.
Date: June 30th, 2020

“WASH YOUR HANDS, PHYSICALLY DISTANCE, STAY SAFE”

The CTRC Management Team wants to support YOU.

The Developmental Services Employer group OASIS with the support of the Cowan Foundation and in collaboration with the Centre for Addiction and Mental Health (CAMH), is hosting a webinar specifically on mental health and resiliency for front-line staff in the Developmental Services

From the official OASIS communication please review the following:

Staff in the Developmental Services Sector have experienced a variety of stressors during COVID-19 as a result of changing roles and responsibilities, and the ongoing need to implement public health measures (e.g., activity restrictions, social-distancing, masks, hand-washing). As the pandemic has progressed, the need to promote the mental health and resiliency of all front-line workers has become increasingly recognized, and efforts have been made to support those working in higher-risk and essential services (e.g., healthcare, long-term care, residential care settings).

The aims of this webinar will be to:

- increase staff understanding of mental health and resiliency, as well as available mental health supports;*
- identify skills and strategies to manage stress and anxiety; and*
- engage with colleagues around the province to support community building across the sector.*

We are wanting TO STRONGLY ENCOURAGE you to participate and have elected to provide pay for attending the session via web.

- ✓ **The webinar will be on 9th July from 7.30PM-8.30PM and will be targeted towards front-line staff. You can register by following this link: <https://www.eventbrite.ca/e/promoting-mental-health-resiliency-for-developmental-services-staff-tickets-111349812286?aff=ebdssbeac>**
- ✓ **Please register at the above link and submit the confirmation e-mail to your Supervisor for payment in payroll.**
- ✓ **Overtime rules will apply as per collective agreement.**
- ✓ **Other sessions will be offered over the summer. More details to follow shortly**

THANK YOU

Respectfully,


Daniel Roy, Human Resources Director

Cc Darren Renaud, L664 President
Cindy McQuarrie, OPSEU Regional Representative
Sarah Cashabec for Board Distribution and web posting