Workplace Wellness

Canadian Mental Health Association
Waterloo Wellington

Association Canadienne pour la sante-mentale
Waterloo Wellington

For Staff:

Foundations of Mental Wellness at Work
Discover practical ways to build everyday mental wellness habits that support balance and performance. Learn to recognize signs of stress and burnout, reduce stigma, and support yourself and others.

90 minute workshop in person (5 - 25 people)
$750

$65/person online

Tools for Managing Stress in the Workplace
Learn practical strategies to manage stress, set boundaries, regulate emotions, and practice self-care, helping you reset and thrive in everyday life.

90 minute workshop in person (5 - 25 people)
$750

$65/person online

Creating a Culture of Well-being
Explore how to foster a workplace culture rooted in psychological safety, empathy, and inclusion. Learn key strategies for respectful communication, supportive leadership, and collective wellness.

90 minute workshop in person (5 - 25 people)
$750

$65/person online

For HR Professionals and Leaders:

Leading for Mental Health
Explore how to create psychologically safe and supportive teams through empathetic leadership, early recognition of stress, and inclusive, stigma-free workplace practices.

90 minute workshop in person (5 - 25 people)
$750

$65/person online

Preventing Burnout
This hands-on session equips leaders to foster sustainable performance by balancing expectations, managing workloads, and modeling healthy boundaries. Leave with a personalized action plan to support team strength and well-being.

90 minute workshop in person (5 - 25 people)
$750

$65/person online

The Healthy Culture Playbook
Learn how to embed wellness into everyday leadership by fostering trust, psychological safety, and inclusive communication. Gain practical strategies to lead through change and sustain a wellness-informed team culture.

90 minute workshop in person (5 - 25 people)
$750

$65/person online

Building a Mentally Healthy Workplace...

ASIST - (Applied Suicide Intervention Skills Training)
Learn to recognize when someone may be thinking about suicide and how to provide a skilled intervention and safety plan. Gain confidence, skills, and readiness to offer suicide first aid in a safe, supportive learning environment.

2 day workshop
(minimum 15 people, maximum 30 people)
$285 per person

SafeTALK (Suicide Alertness For Everyone) for Employees and/or Leaders
This half-day, evidence-based workshop prepares anyone to become a suicide-alert helper. SafeTALK is like suicide first aid.

3.5 hour workshop
(minimum 10 people, maximum 30 people)
$65 per person

Contact us, email: learn@cmhaww.ca