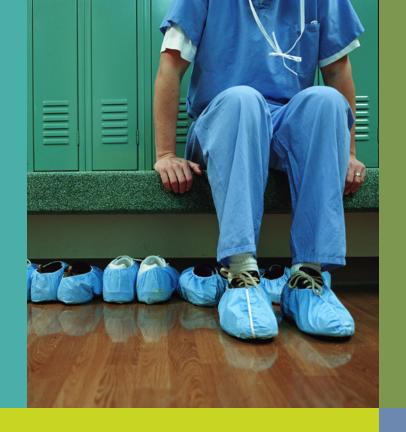
## Space to learn



## 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

