

## **Caring to cope through COVID: stories of giving and receiving support – a new, live interactive webinar**

In a typical Canadian winter, many of us seek comfort on colder, darker days – like hearty foods and fun activities. Others escape to warm destinations. In fact, a travel company dubbed Jan. 18 as “Blue Monday” to promote sunny locales as an antidote to the seasonal blues. This is a winter like no other and you may be struggling to know what to say or do to comfort yourself and others.

**Using the art of storytelling, we’ll share real-life scenarios of people who need support and our expert panel will suggest realistic ways to help yourself and others. This live national event is on Jan. 18, 2021 at 1 p.m. EDT for 45 minutes.**

Our panelists will help you:

- Recognize that self-care isn’t selfish – our regular webinar guest, [Mary Ann Baynton](#), Director of Strategy and Collaboration with Workplace Strategies for Mental Health, will offer ways to change your mindset and your experience.
- Support family members – [Charlotte Tooley Sytnyk](#), the mental health ‘momager’, will share her expertise in being an effective and compassionate advocate.
- Encourage co-workers – Peer support 'guru' [Robyn Priest](#) of LIVE YOUR TRUTH – a firm that teaches people to go after and live the life of their dreams – will provide inspiration and practical advice.

You’ll be invited to share your stories and ask questions, too. Following the webinar, we’ll post the recording and helpful tips on the Workplace Strategies YouTube channel.

**Add this event in your calendars so you don’t miss it!**

**No registration required – just click on the event [link](#) a bit before 1 p.m. on Jan. 18.**

Note: This is a Microsoft Teams Live event. Make sure you’ve downloaded the [Teams app](#) before the webinar.

For French interpretation, please mute your computer audio and call into:  
[844-304-8920](#) Canada (Toll free)  
Phone Conference ID: 480 803 954#

Between now and Jan. 18, check out this video Mary Ann recorded to encourage you to live for today: [Dance in the rain](#).