



## Discover the antidote to burnout

If you're like one in three Canadians who are facing burnout, you won't want to miss this workshop.\*

Join us in Winnipeg on Sept. 14 or online on Nov. 3 for our free, Antidote to burnout workshop.

Explore your stressors, strengths, supports and coping strategies to re-energize. By the end of this session, you'll have a personalized toolkit to help prevent and address burnout.

### **Winnipeg**

Date: Sept. 14, 2022

Time: 9 a.m. to 3:30 p.m. local time

Venue: Canada Life, 100 Osborne Street, Winnipeg

### **Virtual**

Date: Nov. 3, 2022

Time: 10 a.m. to 3:30 p.m. ET

Venue: Microsoft Teams online

[Learn more](#) and [register now](#) – space is limited

\*Psychological Health and Safety in Canadian Workplaces”, Mental Health Research Canada, 2021, <https://www.mhrc.ca/psychological-health-and-safety-in-canadian-workplaces>.

**Workplace Strategies  
for Mental Health**

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