

REGISTRATION FORM: Mental Health Lunch and Learn Presentation

Friday January 31, 2025 | 11:00 AM - 1:00 PM

Club Roma Pavilion, 125 Vansickle Road, St. Catharines, ON - Gemina B Room

Breaking the Stigma: Understanding Mental Health in the Workplace - Mental health in the workplace has historically been surrounded by a cloud of stigma, often leaving employees reluctant to speak up about their struggles. However, mental health is just as crucial as physical health for productivity, employee satisfaction, and overall well-being. Understanding and addressing this issue can create a more inclusive, supportive work environment where everyone can thrive. Join us on January 31, 2025, for Breaking the Stigma: Understanding Mental Health in the Workplace - a conversation dedicated to raising awareness, reducing stigma, and sharing practical tools for mental well-being. Whether you're interested in learning more about mental health or want to support employees, this presentation offers a welcoming space for everyone. Reserve your spot today and be part of the change!



Guest Speaker: Nadina Holca - Nadina is a Mental Health Specialist at EllisDon. In her role, Nadina analyzes organizational trends to inform psychological health and safety strategies. She also consults leaders on workplace mental health and develops new initiatives to support employees. She works closely with the Health, Safety & Environment and People and Culture teams to evaluate EAP utilization, initiate mental health training, and develop mental health programming. Nadina completed an undergraduate degree in psychology at the University of British Columbia, and a Master of Public Health degree at the University of Edinburgh. She has worked in mental health clinical research, within the disability sector evaluating mental health disability claims, and as a crisis support for victims of sudden crime and trauma at Victim Services Toronto.

Registration & Sponsorship (Deadline to Register: Friday, January 24, 2025)

MEMBER REGISTRATION

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TICKETS / SPONSORSHIP - Tickets: \$20 each / \$140 table of 8 (including HST)

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