



**Providence  
Health Care**

How you want to be treated.

# Wellness Wednesday Winter Webinar Series



**January 21, 2026**  
**12 pm - 1 pm**

Beyond Stigma: Increasing  
Understanding of Mental  
Health in the Workplace



**February 25, 2026**  
**12 pm - 1 pm**

Respectful Relationships in  
the Workplace



**March 25, 2026**  
**12 pm - 1pm**

Making Shiftwork Work for  
You

## Registration links:

Link: <https://forms.gle/gFYPrp49qSupVsyz7>

You can sign up to attend live sessions or receive access to the recording.



Questions? Email [wellness@phc.ca](mailto:wellness@phc.ca)

Scan here to register