



**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/gFYPrp49qSupVsyS7>

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

Questions? Email wellness@phc.ca



Scan here to register