

Educational Services Committee and Human Rights Committee

Please join us for a full day of valuable workshops

Mental Health – Let’s Act!

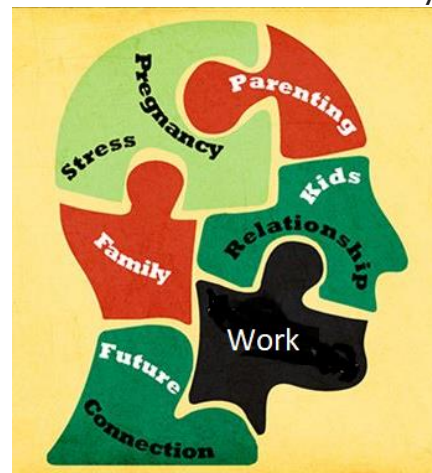
This workshop will provide members with an opportunity to better understand the importance of mental health, the impact of mental illness, and offer strategies about how each of us can respond to the reality of mental health in education today

Friday, February 15, 2019

8:30 am – 9:00 am	Coffee & Muffins
9:00 am – 11:45 am	<i>Mental Health-Let’s Act</i>
11:45 am – 12:45 pm	Lunch
12:45 pm – 2:45 pm	<i>Cultivating Resilience</i>

Where: Educators’ Centre Auditorium
6435 Edwards Boulevard
Mississauga
(P) 905-564-7255

- ✚ There is no cost to OSSTF TBU members
- ✚ Lunch is provided
- ✚ OSSTF will cover the cost of a supply teacher



Cultivating Resilience

The workshop will provide members with “The ability to cope in the face of adversity and manage stressful conditions requires wide-ranging supports in today’s schools and communities. Through dialogue and discussion, this workshop provides educational workers with the strategies needed to enhance well-being and foster resilience and positive mental health.

To register, log onto the District 19 website: www.osstfd19.ca

Registration Deadline: February 5, 2019

Registration is on a first come, first served basis

Registration limit: 60 members

MAXIMUM 3 MEMBERS PER SCHOOL

****Members will be placed on a waiting list when the maximum is reached****



OSSTF District 19 Location



Located just north of Hwy 401 and east of Hwy 10 (Hurontario)

401 Approach - Take Hwy 10 exit (Hurontario) north & go north.
Turn east (right) off Hwy 10 onto Annagem; go east to Edwards Blvd.

407 Approach - Take Hwy 10 exit (Hurontario) south & go south.
Turn east (left) off Hwy 10 onto Annagem; go east to Edwards Blvd.

410 Approach - Take exit for Courtney Park Dr. East & go west (right).
This exit is only available from the northbound 410 lanes.
Turn south off Courtneypark onto Edwards; go south to Annagem.
We are on the SE corner of Edwards and Annagem
on the main floor of Educators' Centre Building.