



## WRHA/EAP Workshops 2015

EAP Workshops are held throughout the year at various locations in the Winnipeg health region and are open to all staff (unless noted).

The following sessions are currently scheduled:

August	Topic	Location
August 27	Women's Health Matters CANCELLED	WRHA Corp (650 Main)
September	Topic	Location
Sept 9	Financial Planning & Your Retirement	HSC
Sept 15	Creating Your Assertive Self	Concordia Hospital
Sept 15	Essentials of Healthy & Professional Communication	HSC
Sept 23	Caring for the Caregiver (Protecting from Compassion Fatigue, Vicarious Trauma & Burnout)	Klinik CHC
Sept 24	Appreciating Diversity	St. Boniface Hospital
Sept 30	Team Building	Park Manor, PCH
October	Topic	Location
October 9	Coping with Workplace Stress	WRHA Community (496 Hargrave)
October 14	Positive Discipline in Parenting	St. Boniface Hospital
October 22	Appreciating Differing Workstyles	SWIHSS (Victoria Hosp)
October 26	Communication Techniques & Conflict Resolution	WRHA Corp (650Main)
October 27	Healthy Communication in the Workplace	HSC
October 27	Creating Your Assertive Self	Nine Circles
October 30	Team Building	Rehab Ctr for Children
November	Topic	Location
November 9	Communication Techniques & Conflict Resolution	Lions PCH
November 26	Managing Change and Transition in the Workplace	St. Boniface Hospital
December	Topic	Location
December 1	Assertive Communication & Conflict Resolution	St. Boniface Hospital
December 15	Communication Techniques & Conflict Resolution	HSC

Workshops are opened to all staff.

Go to <http://www.wrha.mb.ca/education/eap.php> for details

OR \_\_\_\_\_

Registration is required

To register call Employee Assistance Centre  
at 204-786-8880