

Health Care Workers Mental Wellness Miyo-mâmitoneyihcikan / Kedih ùùjón “Good Mind” Learning Series

November 19th, 2020

10:30-12:00

Objectives:

- How do I know when I'm stressed?
- What are some things I can do?
- Nurturing self care.



Speaker:

Ruth Soult works at Alberta Health Services in Addiction and Mental Health, based in Peace River. She lives outside of Peace River, on a beef cattle farm. She has had the opportunity and honor to work in many Northern communities such as John D'Or Prairie, Fox Lake, Paddle Prairie, Little Buffalo, Cadotte Lake, and other communities facilitating suicide prevention courses, mental health first aid, Transform your Stress and other courses. She enjoys meeting people from across the North Zone and is always learning many new things from these communities.



Target Audience:
Health Directors,
Community Based Workers,
Interested Learners

Please register for session at:
<http://WWW.FNTN.CA>

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from zoom:
<https://fntn.zoom.us/join>
Meeting ID: 941 4367 9538
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To access this session
from an *audio line*:
1-587-328-1099
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To join via internet browser

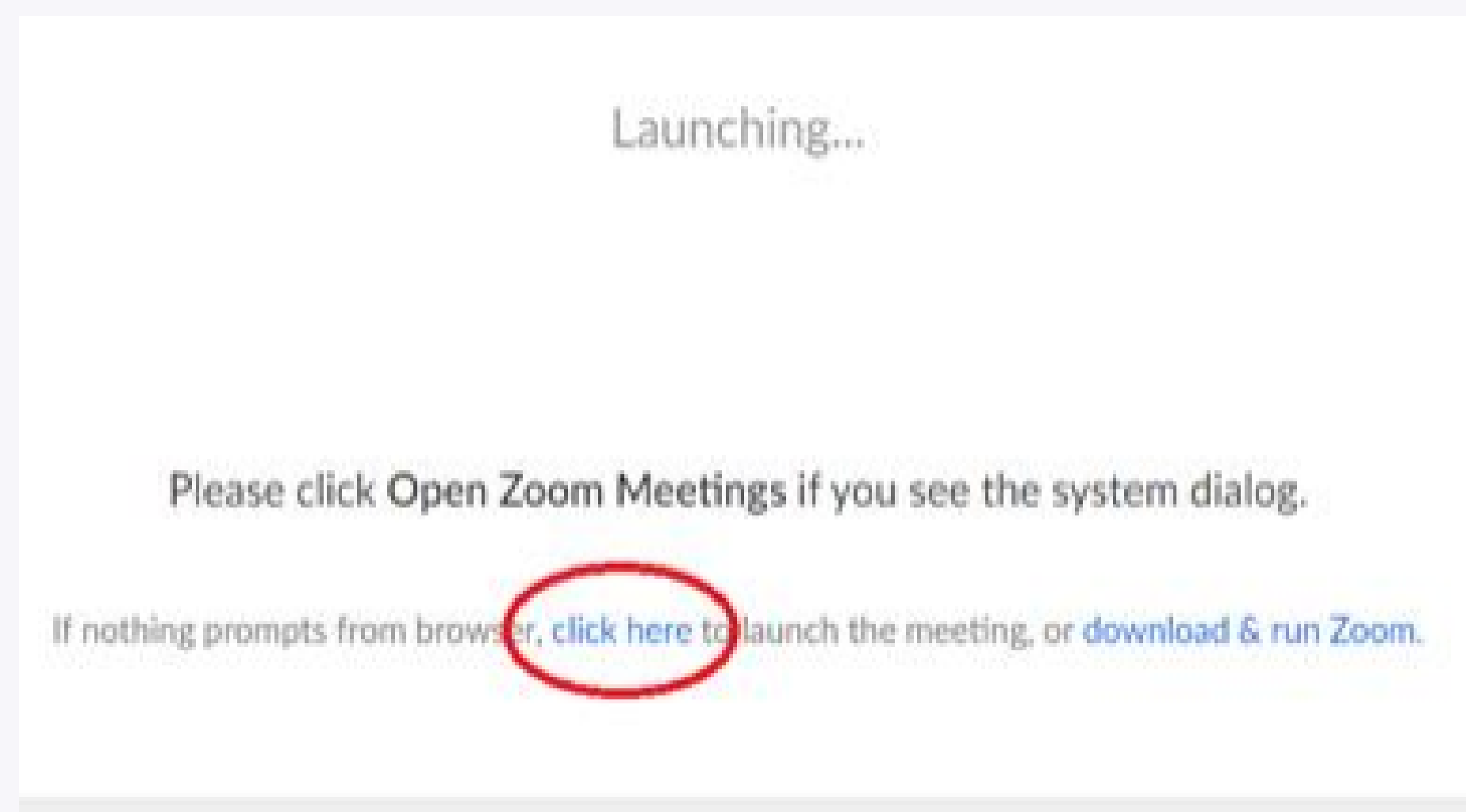
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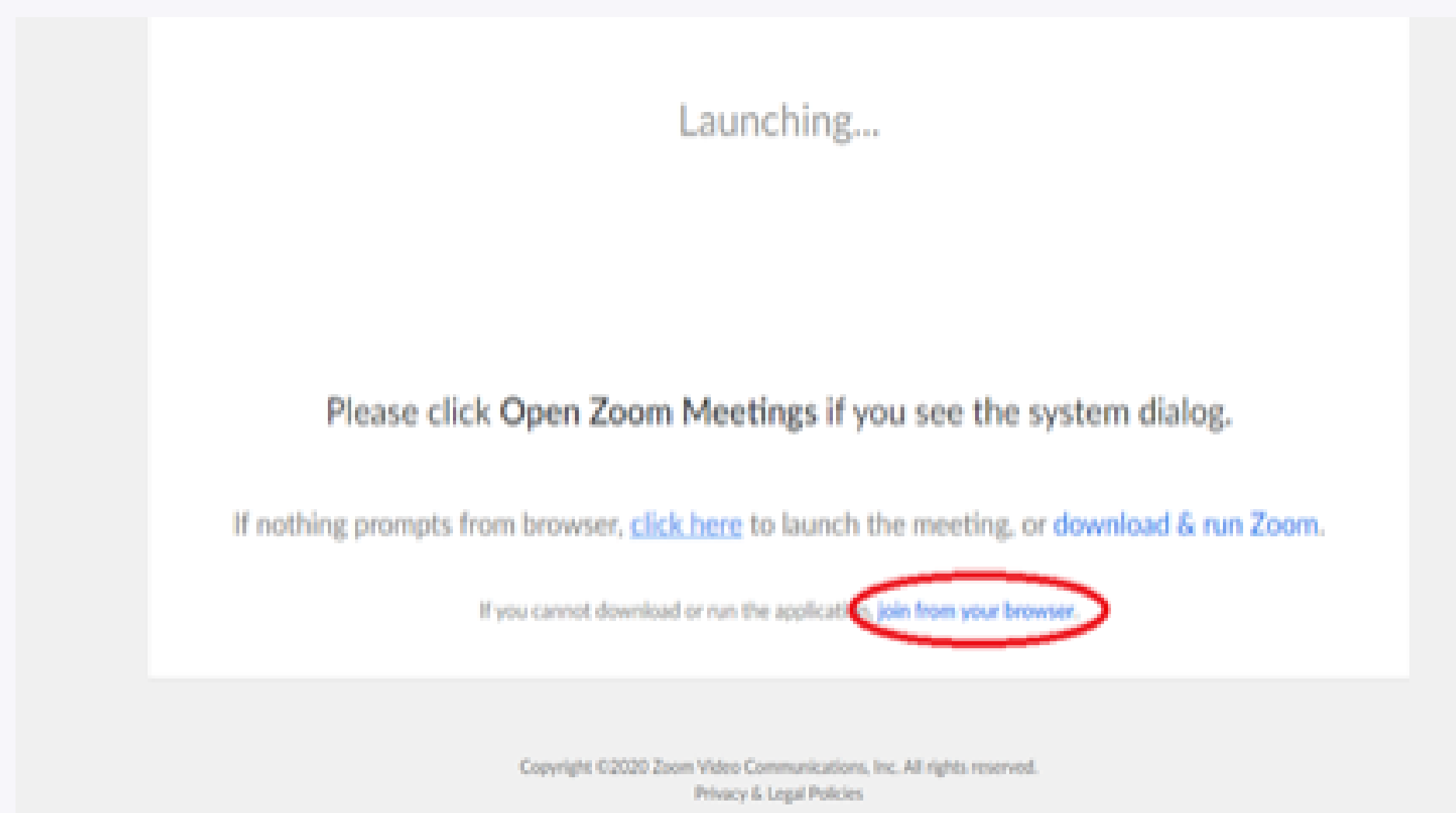
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4. Click the option "click here" (See image below)



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

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4. Choose "download and run Zoom"

5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

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