

**To:** All Staff and Professional Staff

**From:** Jo-Anne Gibson, OD Consultant, [jgibson@gghorg.ca](mailto:jgibson@gghorg.ca)

**Subject:** Upcoming Employee Wellness Webinars for All Staff

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Hello everyone,

Many of us may be feeling anxiety and stress right now, and it could be increasing every day. You may feel that some days are okay, and other days are overwhelming. It is important we try to find some time to support our emotional and mental health during this pandemic.

With this in mind, we have been working with **Homewood Health**, our EFAP provider, to schedule their emotional/mental health Webinar offerings. As a result, we have scheduled all five of the Homewood Health COVID-19 wellness webinars. The webinars, listed below, are open to all GGH staff, and Professional Staff, over the next few weeks.

WEBINAR INFORMATION			
Webinar(s)	Delivery Date(s)	Location of Delivery	Delivery Time(s)
<a href="#">COVID-19: Strategies for Managing Stress</a>	Thursday April 16, 2020	Homewood Health's WebEx Platform Via Your Own Computer	7:00-8:00pm ET
<a href="#">Building Resilience in the Face of COVID-19</a>	Monday April 27, 2020		
<a href="#">COVID-19: Calming Your Mind in Challenging Times</a>	Wednesday May 6, 2020		
<a href="#">Anxiety, Depression and COVID-19: Supporting Yourself and Others</a>	Tuesday May 19, 2020		
<a href="#">COVID-19: Mindfulness and Mitigating the Stress Response to COVID-19</a>	Thursday May 28, 2020		

To register for any of these webinars, please click the title of each link and register through Eventbrite. The Password is **GGH**.

**Q&A:**

**Why are these being offered via Webinar only?** At this time, Homewood has suspended any on-site service delivery. Due to physical distancing requirements, as well as use of large meeting spaces for other COVID-19 activities, we are not able to host them in our meeting rooms.

**Why are these being offered during the evening only?** As you're aware, these sessions are normally offered as Lunch and Learns. We've heard from numerous staff it is hard to attend these sessions during shift, and as we're being challenged to come up with different ways of doing things during this

pandemic, we wanted to trial evening sessions. We also were not sure how many staff would want to attend during the day, and are mindful not to overwhelm our online internet capabilities. However, we are very open to feedback, so please do share any thoughts you have regarding this.

**Why do I need to register in advance?**

It is important to register in advance so that you can be emailed the Webinar link to access the session, and associated presentation documents, in advance of the session.

**What technology capabilities do I need to access the Webinar?**

Participants just need a computer or mobile phone, and internet connection.

**Is there anything else I should know about these Webinar offerings?**

We need a minimum of 10 and a maximum 100 participants for each session. If we need to cancel, registered participants will be notified. In addition, in registering, you agree not to record, broadcast, webcast, or otherwise transmit the session to any additional audience without prior written consent.

**I don't want to, or can't, attend any of the webinars, but would like some further emotional/mental health support, what else is available?**

There are more supports available to you. Please refer to our internet page for details: [Staff Emotional Health Resources](#)

If you any questions or comments, please don't hesitate to email me: [jgibson@gghorg.ca](mailto:jgibson@gghorg.ca)

Thanks,

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