ommunication



January

Life Lines

Introduction to CBT

What is Cognitive Behavioural Therapy and could it help you?

Social Media Campaigns

Non-Smoking Week

February

Life Lines

Burnout: What is it and How to Cope

Understanding what burnout is, why it's caused, and how to cope with it.

Social Media Campaigns **Psychology Month**

Recreation Therapy Month **Anti-Bullying Day**

March

Life Lines

Women's Mental Health

Common mental health concerns for women and how to help.

Social Media Campaigns Brain Health Awareness Month

Music Therapy Awareness Month

International Day for the Elimination of Racial Discrimination

April

Life Lines

When you Fear the Unknown; Life After a Pandemic

How we have been learning to deal with the uncertainty and unknown of a post-pandemic world.

Social Media Campaigns Stress Awareness Month

World Health Day

May

Life Lines

Coping With Childhood Trauma From Past Abuse and Neglect

Ways to heal from childhood trauma and different treatment options.

Social Media Campaigns Mental Health Week

National Child and Youth Mental Health Day

National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG)

June

Life Lines

Intersection of Sexual Identity and Mental Health

Importance of taking an intersectional approach to sexual identity and mental health.

Social Media Campaigns

Pride Month Men's Mental Health Week

PTSD Awareness Day

National Indigenous Peoples Day Action Anxiety Day

July

Life Lines

How to Be an Ally

Actions you can take to be a better ally.

Social Media Campaigns

Disability Pride Month International Self-Care Day

November

Life Lines

Men's Mental Health

Common men's mental health concerns

and how to improve support.

Social Media Campaigns

National Stress Awareness Day

National Addictions Awareness Week

August

Life Lines

Trauma Informed Care

What is trauma informed care and its importance.

Social Media Campaigns

World Humanitarian Day

International Overdose Awareness Day

National Relaxation Day

September

Life Lines

Return to School

Back to school stressors for children and parents and how to work through them.

Social Media Campaigns National Recovery Month

World Alzheimer's Month

World Suicide Prevention Day National Day for Truth and Reconciliation | Orange Shirt Day

Thriving in Hybrid

Work Environments

October

Life Lines

Compassion Fatigue (Frontline Workers)

What is compassion fatigue and symptoms to look for.

Social Media Campaigns

Mental Illness Awareness Week

World Mental Health Day

Occupational Therapy Month

Vitality

LGBTQ+ Inclusivity in the Workplace

December

Life Lines

Setting Boundaries

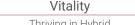
How to create healthy boundaries during the holidays with friends and family.

Social Media Campaigns

Human Rights Day

Vitality

Introverts in the Workplace



Immigrant Employees Settling in Canada

Vitality