

REGISTER NOW!

Staff Wellness & Health Booster Session October 2023

Loneliness



Over the past several years we have all had to adapt to changes in our workplace, our homes and with our social connections. These changes can sometimes feel overwhelming.

To support health system workers, Mental Health and Addictions, Shared Health have brought together skilled trainers from across the province to facilitate a series of Staff Wellness and Health Booster Sessions.

The sessions are short, timely and relevant presentations designed to fit into busy schedules. Topics will include stress management, self-care and dealing with uncertainty. All Booster Sessions will be recorded and made available as a streaming video on demand.

Session Description

Humans everywhere are built for connections interactions and relationship. We thrive and become resilient when we are strongly connected. Isolation and loneliness are social and public health issues. It affects all ages. It can happen because of situations out of our control. Loneliness is silent suffering. When we are lonely, it is the equivalent of smoking 15 packs of cigarettes a day and can take 10 years out off of our lives. This session will talk about strategies to overcome that feeling of isolation and what we can do for ourselves and others.

Presenter

Tara Brousseau Snider is CEO of Sara Riel and a therapist for Recovery of Hope. She is Past Chair/Vice Chair of the Addictions Foundation of Manitoba. She is co-chair of the Reseau Compassion Network of Manitoba's Mental Health, Substance Use and Addictions committee, Board member of Equal Housing Initiative and member of the Coordinated Access Council for End Homelessness.



Session Dates

Live Session:

[Wednesday, October 18, 12 p.m.](#)

Rebroadcasts:

[Friday, October 20, 3 p.m.](#)

[Sunday, October 22, 8 p.m.](#)

[Tuesday, October 24, 12 p.m.](#)



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The [Mental Health and Wellness Resource Finder](#) provides a number of mental health, wellness and addictions supports and resources for you and those you care about.