

# REGISTER NOW!

## Staff Wellness & Health Booster Session

June 2024

## Shared Health Mental Health & Addictions Library



In recent years, we've all faced workplace, home, and social life adjustments, which can be overwhelming.

To support health system workers, Mental Health and Addictions, Shared Health, has organized Staff Wellness and Health Booster Sessions featuring timely topics like stress management and self-care, designed to fit busy schedules, with recorded sessions available as a [streaming video on demand](#).

### Session Description

The Mental Health & Addictions, Shared Health Library is the most comprehensive information source for substance use/misuse, gambling and related issues in Manitoba. The library offers up-to-date, reliable information on issues, trends and research in the addictions and mental health field.

Located at 1031 Portage Avenue, the library is open to all staff and members of the public. They also have a collection of on-line resources available.

The presentation will look at the many health and wellness resources available in the library and how to access their collection of physical and on-line resources.

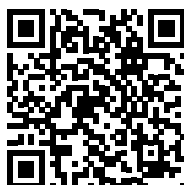
### Presenters

Presentation prepared by Melissa Lodwick, Alina Tocaru and Hailey Forsen, Library Technicians, Mental Health & Addictions Library.

### Session Dates

Live Session:

[Tuesday, June 18, 12 p.m.](#)



Rebroadcasts:

[Thursday, June 20, 3 p.m.](#)

[Sunday, June 23, 8 p.m.](#)

[Tuesday, June 25, 12 p.m.](#)

