

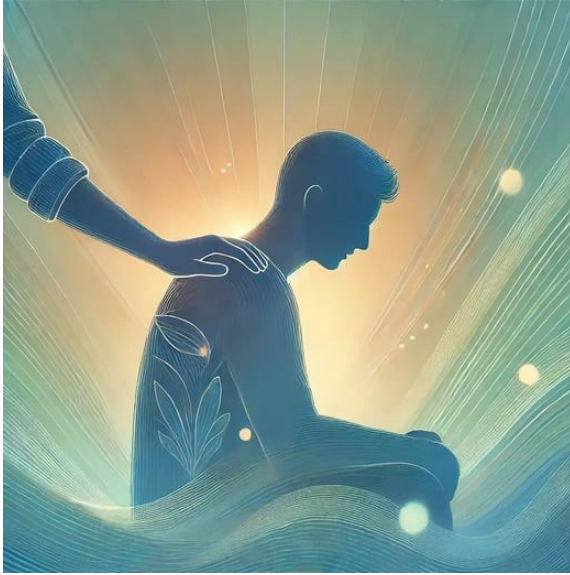


DECEMBER 16, 2024



SEASON'S GREETINGS

On behalf of the CSSHSA Board, Advisory Panel and Staff, we wish you a joyful holiday season and a prosperous New Year!



Struggling with Anxiety?

Register for Strategies for Coping with Anxiety Webinar

Join us on **Wednesday, January 15, 2025**, at 12:00 PM for an insightful webinar exploring the nature of anxiety and how to manage it effectively. We'll discuss the difference between normal anxiety and anxiety disorders, delve into the Cognitive Model to understand the connection between thoughts, feelings, and behaviors, and share practical strategies for coping with anxiety in daily life. The session will conclude with an open discussion, offering a supportive space for questions and conversation. Don't miss this opportunity to gain valuable tools and insights—reserve your spot today! [Register Here](#)



Eye-opening Trends Revealed: How to Tackle Rising Workplace Injuries in Social Services

Injury rates, mental health claims, and violence-related incidents are on the rise in the Community Social Services sector. In our 2024 Injury Trends report, we uncover concerning statistics and explore the need for change. Learn about the top injury types, mental health claims, and practical steps to prevent violence and mental health challenges. Plus, discover key resources like Pulse Check and Wellness Exchange to improve workplace safety and mental well-being. [Read the full report today!](#)



Empowering BC's Community Social Services Sector: The Mobile Response Team

The Mobile Response Team (MRT), supported by BC's Ministry of Health and Ministry of Mental Health and Addictions, is here to support organizations across the province during the overdose public health

emergency. MRT delivers short-term, impactful psychosocial support to:

- Help teams heal and process grief after losing a community member
- Strengthen skills and resilience within organizations
- Equip teams with trauma-response strategies
- Inspire wellness and recovery through accountability and action

No matter where you are in BC, MRT is ready to support and empower frontline workers, peers, and first responders facing these challenges head-on. Learn more [Here](#).



Boost Your Team's Well-Being with our Creating a Culture of Care Webinar

Join our one-hour webinar to explore two valuable resources for improving mental health and creating a psychologically safe workplace in the Community Social Services (CSS) sector. Learn about the CSSHSA

Wellness Exchange Program and Pulse Check tool, and how they can support your team's well-being and resilience. [Register Here](#)



The Power of Empathetic Leadership: Build Psychological Safety Through Communication

Want to create a workplace where employees feel heard, valued, and engaged? Learn how empathetic leadership, active listening, and Nonviolent Communication (NCV) can transform your team dynamics.

Discover actionable strategies to improve communication and build stronger connections with your team.

Click [here](#) to increase employee retention and create a thriving work environment!



Unleash the Strength of Common Values: Address Psychologically Unsafe Situations

Psychologically unsafe behaviours can damage workplace morale and productivity. Discover two powerful techniques to handle conflicts and create a supportive environment: Supporting Psychologically Safe Interactions and the ACT Matrix. Learn how to reduce stress, foster respectful communication, and promote collaboration. Don't let toxic behaviour harm your team—take action today to build a psychologically safe workplace. Click [here](#) to learn how!

Upcoming Programs and Opportunities for CSSHSA Member Organizations

- **Registration Still Open for The Employee Wellness Exchange Program:** Don't miss out on the transformative 5-week Wellness Exchange Program! This series of one-hour workshops offers practical tools to manage stress and build resilience. Register for either the [Noon](#) or [4 PM](#) sessions in January and February or [share](#) with employees so they too can invest in their well-being!

- **Secure Your Spot for the First Health & Safety Community of Practice Meeting:** Join the first virtual Health & Safety CoP meeting on January 28th at 10 AM. Connect with fellow health and safety professionals in the social services sector to share insights and best practices. [Register now!](#)
- **Can't Miss: Free OHS Program Review for Social Service Organizations:** BCIT offers a free OHS Program Review ideally for organizations with 50-100 employees. Gain valuable insights through in-person or virtual interviews. Limited spots—email healthsafety@csshsa.ca to learn more!

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