

## NEWSLETTER

January 16, 2026

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### News



#### **Celebrating successes and acknowledging impact: [Ways to reflect, recharge, and recognize](#)**

Celebrating success is not only about honouring your clients' achievements. It's about recognizing the dedication, courage, and heart you bring to your work. As we head into a new year, check out this article for practical and thoughtful ways you can reflect, recharge, and recognize your impact.

[Read the Article](#)



#### **Leadership tools: [Three ways to cultivate psychological wellness in your team](#)**

Stepping into leadership isn't just a promotion. It's a shift in mindset, skills, and responsibility. If you are a new leader (or support new leaders), check out this article for three practical, compassionate things you can do to strengthen team culture, reduce stress, and help staff and clients thrive.

[Read the Article](#)



### Are you fit to drive: Tips to check in with yourself

Some days at work are harder than others, and ensuring you are ok to be behind the wheel before you drive is an important check-in. You have a responsibility to yourself, your passengers, and everyone else on the road. Remember to:

- **Take a breath.** If you are feeling emotionally overwhelmed by something that happened before you got in the car, take a pause and consider going on a short walk to collect yourself before you drive.
- **Assess your energy.** Fatigue, especially if your job requires night shifts, can leave you too tired to drive safely. Consider other ways to get home, like a taxi, a ride from a friend or colleague, or transit.

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## Webinars

Check out upcoming webinars below and see the [full calendar online](#).



### CSSHSA Learning Centre Introduction: Free training webinar, Feb. 5, 11 am to 12 pm

This webinar is designed to help member organizations gain a clear, practical understanding of the CSSHSA Learning Centre and how its free courses can benefit their organization. Learn about the platform's core features and how to navigate the Learning Centre confidently, assign relevant courses, track learner progress, and make the most of the available resources.

[Register Now](#)



### **Conversations that Inspire Change – Part 2: Free webinar, Feb. 19, 12-1 pm**

This webinar takes a deeper look at Motivational Interviewing so you can guide conversations that inspire lasting motivation in your clients. You'll learn to recognize and respond to *change talk*, the client's own language in favor of change, while also understanding *sustain talk* and ambivalence. This is the second in a two-part series on Motivational Interviewing, though it can also be attended as a stand-alone session.

**Register Now**

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## **Training**

Check out our upcoming opportunities below and see the [full calendar online](#).



### **Return to Work Coordinator Training: Jan. 28-29**

Learn proactive approaches, effective communication with WorkSafeBC, and real-world planning techniques to foster successful, sustainable returns to work. Designed for Return-to-Work Coordinators, join us for this instructor-led virtual training on January 28-29, 9 am-12 pm each day.

**Register Now**

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## **Events**



## Community of Practice: Health and Safety Programs in Social Services

Join us on **February 24 from 10 to 11:30 am** for a focused CSSHSA Community of Practice meeting to explore health and safety programs in social services. This free online session brings social service health and safety professionals together to support you with practical insights, shared learning, and fresh perspectives from peers to help strengthen how workplace risks are identified, addressed, and managed.

[Register Now](#)

Community Social Services Health & Safety Association of BC, 400 - 2889 East 12th Avenue, Vancouver, BC V5M 4T5, Canada, 604 601 3114

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