



NEWSLETTER

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News



Small time commitment, big impact: Micro-mindfulness practices for social service workers

You know how rare quiet moments at work can be. When you are short on time, micro-mindfulness practices can help you manage the ups and downs of your day. Check out this article on how to incorporate these moments into what you already do, lowering stress without adding to your to-do list.

[Read the Article](#)



Responding to psychosocial hazard reports: A practical five-step guide for managers

Responding thoughtfully to psychosocial hazard reports is one of the more important responsibilities you have as a manager. How you listen, validate, and follow up shapes whether staff feel safe speaking up in the future. Check out this article for five practical steps to take in this important work.

[Read the Article](#)

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 the free courses can benefit your 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](#)

Events

HSA OH&S Conference: Feb. 5-6 in Vancouver

The theme of the [Health Sciences Association's 2026 conference](#) is psychological health and safety, and there will be workshops and keynotes throughout the one-day event. CSSHSA CEO Tigran Bajgoric will be speaking, and we look forward to seeing you there.

Voices and Vision Conference: Feb. 11-13 in Victoria

The [Federation of Community Social Services annual conference](#) is a three-day gathering that brings together leaders, advocates, and researchers from across B.C. to share ideas, strengthen connections, and lead change in community social services. We're looking forward to the conversation and hope to see you there.



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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