



# NEWSLETTER

February 13, 2026

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## News



### Getting leadership commitment for mental health initiatives: [A guide for everyone](#)

We often look to managers, employers, or human resources professionals to lead mental health initiatives at work. It's a shared responsibility, though, and anyone in any role can lead change to foster healthy workplace cultures. Check out this article for four strategies to advocate for mental health initiatives and gain support from senior leaders and decision-makers.

[Read the Article](#)



### Supporting work-life balance: [A guide for supervisors](#)

Balancing life as a worker, partner, family member, friend, community leader, and more can be fulfilling to the point of overload. As a supervisor, you can help. Check out this article for resources to share and tips for ways you can help the whole team manage the demands of personal life, family, and work.

[Read the Article](#)

## Learning Centre FAQ: Common questions about our online platform

As a CSSHSA member organization, you can learn how to access a range of online self-paced courses, specifically designed for community social service workers, in our Learning Centre. With 3,000 users now registered on the platform, we've developed a new frequently asked questions document to support organizations as they onboard. Click the link below to check it out and visit our [website](#) to learn more about registering for this learning resource.

Learn More

## Webinars

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



### 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



### Discover Care to Speak - a Practical Support for Caregivers: Free Webinar Feb. 25, 12 to 1 pm

This webinar explores how Care to Speak provides practical emotional support through phone, text, and chat. Whether you work in primary care, long-term care, community care, or community social services, you'll learn to connect with trained volunteers who understand the unique challenges of your work because they've been there

too. You'll learn what happens when you reach out, what “peer support” really means, and how confidentiality is always protected.

[Register Now](#)

## **Events**

### **Reflections on the HSA OH&S Conference: Psychological health and safety in action**

Congratulations to the Health Sciences Association (HSA), one of our key partners, on hosting a successful and impactful [OH&S Conference](#) on February 5 and 6.

With more than 100 safety advocates in attendance, the conference created valuable space for dialogue and shared learning. Conversations at our booth and throughout the event emphasized psychological health and safety as a form of prevention, alongside the critical role of cultural safety in building healthy workplaces.

The shared understanding that these issues are rooted in workplace systems and that meaningful change happens through collaboration was both encouraging and energizing. We were proud to participate in the event and look forward to continuing our partnership and advancing this important work together.

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