

Balancing Your
Pandemic
Work/Life and
Mental Health



Presented by:
BCFMWU Women's Committee

**All gender identities and
allies welcome!**

**February 22, 2021
RSVP Required**

10:00 am

<https://zoom.us/meeting/register>

OR 5:00 pm

<https://zoom.us/meeting/register>



After registering, you will receive a confirmation email containing information about joining the meeting. Choose from a morning or evening session.

We invite you to join us for this engaging and empowering webinar, led by **Natasha Tony**. It will give you some easy to use coping strategies to help with any stress and anxiety you may be feeling during the COVID-19 pandemic. It will also provide tools for self care, provide inspiration for finding the joy, and remind us of the importance and healing power of community connection.

Our members have risen to the challenges presented by the COVID-19 pandemic in an incredible way so far, but we all need support, especially as we are still feeling the effects on our work and home lives. Attending this webinar is a great way to practice self care - we hope to see you there!

Also:

- Meet our new Executive Director, Jack Bruckman
- LRO Chantel O'Neill available for Q&A
- View a short presentation by Homewood Health.

Featuring Natasha Tony of Elevate...

ELEVATE
INCLUSION STRATEGIES

An acclaimed trainer and facilitator, leadership coach, mediator, and labour relations specialist, Natasha Tony is also a much sought-after speaker and commentator on creating respectful workplaces and workplace health and safety. Her warm and charismatic presentations empower participants to exercise their health and safety rights and responsibilities, to practice self care, and to access support when needed.



YOU CAN'T
POUR FROM AN
Empty Cup.
TAKE CARE OF
Yourself
First!

moveUP

MENTAL HEALTH IS HEALTH!

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