

Free Mental Health and Wellness Leadership Training for Health Service Provider Leaders



Title **Leading through Tough Times**

Date March 3, 2021 (Wednesday)

Time 11 a.m. to 12 p.m.

Speaker **Prof. Olivia Chow**

Academic Lead of Institute for Change Leaders

Title **Self-care for Healthcare Leadership in the time of COVID**

Date March 10, 2021 (Wednesday)

Time 11 a.m. to 12 p.m.

Speaker **Dr. Adriana Shnall, PhD, MSW, RSW**

Program Director of Baycrest@Home, Clinical Programs

Title **Building Psychological Flexibility to Reduce Stress**

Date March 17, 2021 (Wednesday)

Time 11 a.m. to 12 p.m.

Speaker **Dr. Josephine Wong, RN, PhD**

Professor of Daphne Cockwell School of Nursing, Ryerson University

Title **Leadership Agility and Mental Resilience During COVID-19**

Date March 24, 2021 (Wednesday)

Time 11 a.m. to 12 p.m.

Speaker **Ms. Hamida Bhimani, RN, BScN, MHSc, CHE**

Leadership Program Facilitator at the Schulich Executive Education Centre, York University

Title **Breathwork and Meditation for Stress Free Living**

Date March 31, 2021 (Wednesday)

Time 11 a.m. to 12 p.m.

Speaker **Dr. Susan Ramsundarsingh, PhD, MBA, MSW, RSW**

Research and Evaluation Consultant of SKY Schools



**Yee Hong Centre
For Geriatric Care**

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Platform: Zoom

To register, please go to

<https://www.yeehong.com/cso/>

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