

# Forward Together Yukon Mental Wellness Strategy



## What's New

### Canadian Mental Health Association • Mental Health Week • May 7 – 13, 2018

#### “Mental health is about more than mental illness...”

It's more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.” Canadian Mental Health Association  
(click [#GetLoud](#) to visit the website)

**#GetLoud** about what mental health really is.

## People, Programs, & Events

### May 8 – Mental Health Week Walk

- 8:00 AM at Shipyards Park. 7:45 AM Bhangra warm-up!

### May 8 – Mental Wellness & Substance Use (MWSU) Open House

- 11:00 AM – 1:00 PM at the Sarah Steele Building (609 Steele St)  
Join for a BBQ, Celebrate the integration of our MH, ADS and CATS teams into the MWSU Branch, and learn more about new programming.

#### Learning Series:

#### “Thriving in the Long Game – Building Blocks to Leading a Full, Rich, Life!”

Presented by Marie Fast, Project Lead – Psychological Health & Safety.

This seminar gives an overview of the 5 pillars on moving from living an “OK life”, to really thriving! It highlights current research from positive psychology about how to create your best life, based on the book “Flourish” by Martin Seligman. You will walk away with practical ideas and tools that you can use right away. The seminar is a good introduction to the 2-day skills-building workshop “Thriving, Striving and Surviving in Today's World” offered through the Organization Development Branch.

May 11 – 10:00 AM to Noon

May 15 - 1:15 – 3:15 PM

May 23 - 1:15 – 3:15 PM

Location: Dakwakada Building, 104 Elliott St., Room 201A

To Register, [Click Here](#). The training is open to everyone.

Please share your  Feedback and ideas about what you would like to see in the future.

## Monthly Webinar

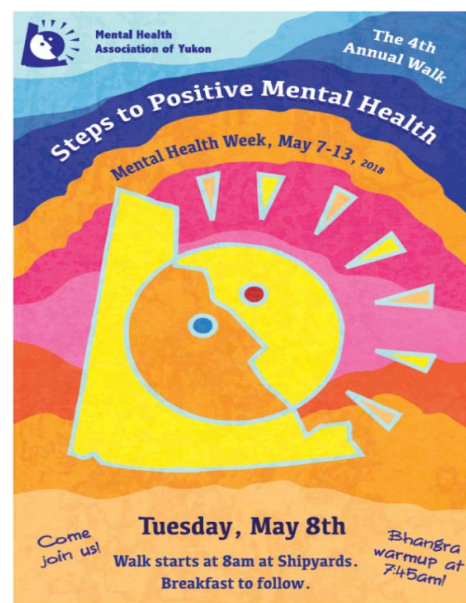
Please click on the button below to pre-register for the free webinar!

### WEBINAR: Thriving in the Long Game – Building Blocks to Leading a Full, Rich Life!

Date: Thursday, May 17, 2018  
@ 12:10pm – 12:50pm

[CLICK HERE TO REGISTER](#)

## Mental Health Week Walk, May 8<sup>th</sup>



## FREE 'On-demand' Webinar

### “Stress, the brain, and mental health hygiene”

Learn steps to take, and habits that can be adopted, in order to maintain strong mental health hygiene.



**Yukon**