



REMINDER

We would like to remind CUPE Local 15 members at Langara College of the opportunity to participate in a pilot program for [Mental Health and Wellness courses](#).

These paid courses are offered by the Employer and CUPE 15 for CUPE members at Langara College with funds negotiated in the last round of bargaining. The facilitators and content are offered through the BC Crisis Centre. All CUPE members are eligible to register including casuals, temporary, and CUPE student workers.

Once you commit to the course(s) and your registration is confirmed, it is expected that you will attend the session(s) on the date and time you registered for. Please notify your department leader if you register for a session to ensure they are aware and can plan operations accordingly.

Skilled facilitators will guide and support each learner through an interactive online one hour session that will give attendees opportunities to learn, practice, and ask questions.

There will be [six sessions offered in total that will be focused on three topics \(two dates/times per topic\) in September and October 2022](#). CUPE members at Langara College can register for all three topics (three sessions) based on the dates and times offered.

The three topics for the course sessions are:

- [Eight Scientifically Proven Ways to Enhance Your Overall Health and Wellbeing](#)
- [Unhooking from Negative Thought Patterns: Taming and Befriending Your Thoughts](#)
- [Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming](#)

Each session will cap at 50 attendees and if there is low enrollment for any particular session, we will reschedule the session.

Please use [this link](#) to register for the sessions you are interested in (max of three – one per topic).

You will receive an Outlook invite with the link to the session once you are confirmed as an attendee. If a session receives more than 50 registrants, you may be put on a waitlist or asked to select an alternate date.

If you have any questions, please contact Rose Palozzi at CUPE Local 15 or Parizad Mistry in People & Culture at Langara College.

Thank you!

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