



HOMEWOOD HEALTH & WELLNESS@WORK PRESENT

# VIRTUAL WELLNESS FRIDAY SESSIONS

**Beyond Stigma: Increasing Our Understanding of  
Mental Health in the Workplace**

May 7, 2021 12:00 p.m. to 1:00 p.m.

**Building Resilience: Understanding Challenges,  
Learning Strategies, and Accepting Change**

May 21, 2021 12:00 p.m. to 1:00 p.m.

**Register on the Learning & Development website:**

<https://www.uoguelph.ca/learningmatters/eventreg/calendar/2021/04/all>

A meeting link will be sent to registered participants prior to the session.



HUMAN RESOURCES



**Wellness  
@Work**