



## TBDHU Workplace Wellness Update for Thunder Bay and District

April 18, 2024

### New Workplace Wellness Toolkit

#### Are you protecting your most important business asset?

No matter how big or small, any company's biggest asset is its employees. Healthy workers are good for business! Organizations that support employee health create positive work environments. As a result, employees tend to be more engaged, satisfied with their jobs and devoted to company success.

Setting up a workplace wellness program can seem overwhelming with not knowing where to start. TBDHU's handy new toolkit can help! It guides you through a thoughtful, step-wise process to ensure your wellness efforts are both effective and sustainable. Check out the toolkit at [TBDHU.com/workplaces](https://tbdhu.com/workplaces), along with supportive resources and templates.

The TBDHU Workplace Wellness Team also offers support to organizations interested in implementing a workplace wellness program. To inquire about our services, email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com).

---

### Active Commute Challenge

[TBAY on the Move](#)'s Active Commute Challenge (ACC) is just around the corner! For the month of June, workplaces will log their active commutes for a chance to win some amazing prizes!

Studies show having a workplace champion is key to recruitment and motivation. If you have been an ACC workplace champion in the past or are interested in this role, drop by the Confederation College Wellness Centre on Thursday, May 23 between 11:00 am and 1:00 pm. Lunch will be provided, FREE bike tune ups will be offered, and there will be draws for great workplace prizes. You will also have the opportunity to chat with other workplace champions and will be provided with tools, tips, and resources to help you succeed in this role! (Including a champion commuting backpack with swag, while supplies last).

Please RSVP to [Leena.pehkonen@tbdhu.com](mailto:Leena.pehkonen@tbdhu.com). We hope to see you there!

---

### Free Workshop! Challenging Structural Substance Use Stigma

Leaders in healthcare and social services are invited to a free workshop on substance use and stigma. Participants will:

- Explore the impacts of structural substance use stigma
- Identify and assess stigmatizing policies, programs or practices
- Engage in advocacy
- Understand the role of people with lived and living experience in the healthcare system, and policy and program decisions.

This in-person workshop will take place on May 2, 2024 from 9:00 am to 3:00 pm at Thunder Bay City Hall. Space is limited to 20 participants.

The workshop is presented by the Thunder Bay Drug Awareness Committee, Thunder Bay Drug Strategy and Thunder Bay District Health Unit. For more information, contact Rilee Willianen, Acting Drug Strategy Lead via email at [rilee.willianen@thunderbay.ca](mailto:rilee.willianen@thunderbay.ca).

[Register to attend the Structural Substance Use Stigma Workshop](#)

## Safety and Health Week

Together we can create safe workplaces and communities. This is the message behind [Safety and Health Week](#) happening from May 6-11, 2024. During this week, employers, employees, partners and the public are encouraged to put extra focus on preventing injury and illness in the workplace, at home and in the community.

Visit the Canadian Centre for Occupational Health and Safety for information on special events happening during this week that you can participate in virtually. Additional information, tools and resources on Workplace Safety and Health Week are found at [Safety and Health Week](#).

**Steps for Life Walk** - Steps for Life provides support to families affected by life-altering workplace injuries, illnesses and deaths, and helps increase awareness of the importance of workplace health and safety. Steps for Life will hold a fun 5 km fundraising walk in Thunder Bay on Sunday, April 28, 2024. For more information, visit [Steps for Life 2024 - Thunder Bay](#). When you're walking for families of workplace tragedy, every step counts!

---

## A Call To Be Kind

This year's [Mental Health Week](#) (from May 6-12) focuses on the healing power of compassion. We all have the capacity to show kindness and be compassionate. Doing so can make an enormous difference at work, at home and everywhere. Help spread the message about the power of compassion using the Canadian Mental Health Association's [Compassion Toolkit](#). It offers a wide range of resources, including information on how to create a compassionate workplace culture.

---

## Upcoming Mental Health First Aid Training

[Mental Health First Aid](#) (MHFA) training provides the skills and knowledge to help people better manage potential or emerging mental health, substance use problems or crisis. Below are some upcoming training opportunities:

- Canadian Mental Health Association, Thunder Bay will host a Mental Health First Aid Standard training workshop on May 14, 2024. For details, visit [MHFA Standard Training - EventBrite CMHA](#)
- K. Hunter Workplace Consulting will host a Mental Health First Aid Standard training workshop on June 19, 2024. For details, visit [MHFA Standard Training - EventBrite K. Hunter](#)

The Thunder Bay Branch of the Canadian Mental Health Association will also be hosting ASIST - Applied Suicide Intervention Skills Training workshops in 2024. For more details, visit [thunderbay.cmha.ca/programs/applied-suicide-intervention-skills-training-asist/](https://thunderbay.cmha.ca/programs/applied-suicide-intervention-skills-training-asist/)

---

*If you're looking for support to build a healthy workplace program, TBDHU can help!  
Our team of workplace wellness experts supports organizations with developing a  
Comprehensive Workplace Health Program based on each workplace's unique needs. All services are free!  
For more information, visit [TBDHU.com/workplaces](https://TBDHU.com/workplaces), call 807-625-5900 or email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com).*