



BULLETIN

Social Justice Day 2023 Workshop

January 5, 2023

Date: February 21, 2023

Time: 9 am - 4:30 pm

Location: Virtual via Webex

HSA is pleased to have Margaret Tebbutt facilitate this one-day workshop to assist members in their interactions with their HSA colleagues and their patients/clients.

This workshop helps members gain understanding and build comfort in talking about mental health and mental illnesses. Participants will learn how to support colleagues who may be experiencing poor mental health and explore practical ways to develop their mental resiliency.

The workshop will provide some tools to help work with clients or members of the public who may present with challenging behaviours and distress due to stress, substance use and/or mental illness. Participants will gain knowledge and experience in:

- Noticing when a person may be experiencing a mental health problem or substance use.
- Using responses that are appropriate for the situation.
- Providing resources as needed.

This session will also provide opportunities for members to participate in small groups for self-awareness, and self-reflection. There will also be opportunities for practice with relevant case studies.

Facilitator Biography:

Margaret Tebbutt, MA is Senior Consultant, Workplace Initiatives, for the Canadian Mental Health Association, BC Division. In addition to workshops, Margaret delivers presentations on strategic approaches to workplace mental health at conferences. Prior to joining CMHA in 2005, she held positions as Senior Advisor, Executive Development for the University of British Columbia Sauder School of Business; Director, Client Service Delivery with Western Economic Diversification Canada; and in Canada's foreign service at embassies abroad.

Margaret graduated from the University of Montpellier (France) with a Maîtrise ès lettres (MA). She also completed executive training through the National Defence College Defence Resource Management Program, UBC Sauder School of Business, and the Canadian Centre for Executive Development.

This workshop is open to all HSA members.

Participants will receive wage replacement, and pre-approved dependent care costs for virtual workshops in accordance with HSA Policy. Please note, no meal per diems will be provided.

Members must be able to attend the entire day. Space is limited. Members must complete a registration application by logging into [My Events Registration](#) using the prompts provided. Workshops are listed under Other events. Please call the HSA office at [604.517.0994](tel:604.517.0994) or [1.800.663.6119](tel:1.800.663.6119) if you do not know your HSA member ID number.

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