



Notice of Meeting

Lower Mainland Zone Meeting

October 19, 2022

IN-PERSON AGENDA

LOCATION: Port Coquitlam Community Centre, [2150 Wilson Ave, Port Coquitlam](#)

12:00-1:00 PM	Welcome Lunch
1:00-2:30 PM	Zone Meeting, Presentation on “Building Mental Health Awareness in the Workplace” & Break-Out Sessions
2:30-3:00 PM	Facility Tour

ONLINE AGENDA

JOIN ZOOM MEETING: <https://us06web.zoom.us/j/81831260557>
1:00-2:30 PM Zone Meeting & Break-Out Sessions

IF ATTENDING IN-PERSON, PLEASE RSVP BY MONDAY OCT. 17th TO:

DARRIN LEGGE: dlegge@langleycity.ca

PRESENTATION:

BUILDING MENTAL HEALTH AWARENESS IN THE WORKPLACE

Tara Sudbury, Manager of Community and Workplace Education
Canadian Mental Health Association Vancouver - Fraser

Understanding and talking about mental health challenges is the space Tara Sudbury believes we all need to live and work in. She joined Canadian Mental Health Association (CMHA) in 2013, facilitating Mental Health Education to hundreds of employees in different industries. Her passion for giving people the tools and knowledge to thrive melds ideally with her role as Manager Community & Workplace Education at CMHA Van. Fraser Branch, which followed a long career in project management, fundraising and employee education. Her many credentials include Certified Advisor Psychologically Safe and Healthy Workplace, a certified Living Life to the Full™ and Responding with Respect™ facilitator, Professional Instructor Diploma Program certification in curriculum development, Choice Theory level 1, and a diploma in Recreation Leadership. Tara is an advocate and caregiver to a brother who lived with Paranoid Schizophrenia for 40 years and an adult child who lives with OCD... Her goal is to help corporate Canada transform its culture to when talking about and managing one's mental health is as ordinary in the workplace as it is for one's physical health.

As a Community Hub for citizens of all ages and abilities, how do you ensure everyone who works or plays at your facilities can count on a consistently Psychologically Safe and Healthy experience? Does your team have the knowledge and skills to deliver on this? This presentation will give you a short introduction to a

Psychologically Safe and Healthy Workplace (PSHW) with emphasis on the education component that will provide insight on why and how RFABC can be a leader in establishing a culture of PHSW. Learn about Responding with Respect™ a selection of affordable workshops that can accelerate a PHSW culture. Responding with Respect™ workshops apply the 4R's™, a trauma informed approach to better equip leaders and employees to recognize the cues that a coworker or citizen may be struggling with a mental health challenge, and ensures they have the skills to respond using safe and supportive communication.