



## SELF-CARE 3 PART SERIES:

### Module 3: WORKPLACE SELF-CARE

IPMA-Canada is very pleased to announce a 3 Part Series of webinars on Self Care. All three workshops will be interactive with the focus education and practical strategies to implement in the different areas of an individual's life. This series is a follow up from the Self Care in Mental Health Wellness Webinar that you told us you wanted more.

## OUR PRESENTER:

### *Lindsay Katz, Lindsay Katz Consulting*

Lindsay works with various groups throughout Saskatchewan. After graduating from the University of Saskatchewan her focus has been in community psychology focusing on resources, prevention, and education.

Throughout her career, she has worked for a number of community-based organizations, building on existing models, while challenging and advocating for more effective and efficient system outcomes. This has led to opportunities working with the Saskatchewan Ministry of Corrections and Policing, Saskatchewan Ministry of Social Services, the Saskatchewan Health Authority, as well as a number of post-secondary institutions. Some of her work has consisted of developing curriculum, writing policy, implementing programming, and investigating critical incidents relating to mental health and addictions. Her passion is in continuous learning, leadership, and providing accessible education in resiliency training and mental health and wellness.

Lindsay is passionate about developing and connecting people to community resources and advocating for wellness and mental health supports across the province of Saskatchewan, and across Canada. She understands the challenges of the health care system for those affected by mental health issues. She is a certified trainer for the Mental Health Commission of Canada and the owner of Lindsay Katz Consulting, specializing in the delivery of Mental Health First Aid Certification, resiliency training, and navigating the healthcare system.

**Module 3:  
WORKPLACE SELF-CARE  
MAY 25, 2021  
2:00 PM EST**

**Member Rate: Free  
Non-Member Rate:  
\$59 Per Module**

**Registration required for each event.**

Register online at [Upcoming Events - IPMA / AIGP Canada \(ipma-aigp.com\)](https://www.ipma-aigp.com/upcoming-events) or email the registration form on the reverse side to [ipmacanada@ipma-aigp.com](mailto:ipmacanada@ipma-aigp.com)

# Registration Form:

Self-Care 3 Part Series: Module 3

May 25, 2021 2 p.m. EST



Name		
Position		
Organization		
Email		
Telephone		
Member Rate	Free of Charge	
Non-Member Rate	\$59.00 plus applicable taxes	
VISA/MC/AMEX		
Expiry Date		CVD # (3 numbers on back of card)
Signature		
Invoice Me At:		

**Cancellation Policy:**

Substitutions will be allowed but no refunds will be issued. IPMA-Canada reserves the right to cancel and refund registrations within seven (7) days of the start of the workshop.

**Forward Payment to:**

IPMA-Canada  
P.O. Box 4011  
Mount Pearl, NL  
A1N 0A1

