



Keep Your Team
Engaged Year-Round With
Inkblot by GreenShield Health's

2024 Newsletter Guide



* GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which is the primary company that houses health services and benefits administration businesses, including Inkblot Therapy, Tranquility, NKS Health Canada, The Health Depot Pharmacy, Benecaid, Honeybee, BCH Consultants and Computer Workware Inc. Green Shield Holdings Inc. is a wholly owned subsidiary of the not-for-profit Green Shield Association.



Making building a better workplace simpler.

As your well-being partner, we're dedicated to helping you create a healthy and engaged workforce every day of the year.

By purchasing Inkblot by GreenShield Health's services, you've already taken a critical step toward investing in employee health. With our newsletter guide, we're here to help you continue to build a healthier culture through 12 months of suggested content and programming.

The Inkblot by GreenShield Health newsletter proactively engages employees with educational resources related to health awareness and visibility days and communicates the value of using our services to your organization. It can also support your existing communications strategy or arm employees with resources as needed throughout the year.

January

Exploring Healthier Lifestyle Choices for the Year Ahead

Discover how making nutritious food choices can positively impact mood, energy and overall mental health and wellness at home and work. Participants are led by a nutritional expert who provides detailed information and understanding of how healthy food choices and eating habits can positively impact the mind and body while recommending steps to build sustainable goals.

Suggested webinar programming: The Connection Between Nutrition and Positive Living

February

Understanding the Mental Health of Black Employees

In honour of Black History Month, we help organizations gain a better and more meaningful understanding of the mental health impacts on Black employees in and outside the workplace. We'll share helpful recommendations, tools, and resources to better support Black colleagues by removing stigma and taking action.

Suggested webinar programming: Dismantling Anti-Black Racism Webinar, Cultural Competence Training for Leaders

March

Building Better Support for Gender Equality in the Workplace

To celebrate International Women's Day (March 8), we share a deeper understanding of the stigma and barriers women continue to face in the workplace and beyond. Some topics may include managing motherhood at work, understanding parental leave, and examining how to support racialized women in the workplace.

Suggested webinar programming: Leadership Impact on Psychological Health and Wellness in the Workplace

April

The Emotional Impact of Climate Change

As we prepare to observe World Health and Earth Day, we explore the concept of eco-grief. Addressing the intersection of climate change and mental health is relatively new in the therapeutic landscape. Still, it can be helpful to understand how eco-grief connects to more than the changes in our physical world and what support in this space looks like for those who need it.

Suggested webinar programming: Coping With Grief and Loss in the Workplace

May

Mental Health Support for Children and Youth

This month, we highlight National Child and Youth Mental Health Day by sharing support for parents and guardians. By better understanding some mental health impacts on kids and teens, the adults in their lives could feel better equipped to navigate complexities related to holistically supporting their needs and with the proper knowledge in mind.

Suggested webinar programming: Talking to Children and Teens About Healthy Relationships

June

What It Means to Be an Ally All Year Round

Pride Month is celebrated every June as a tribute to those involved in the Stonewall Riots. It's a time of love and celebration for the 2SLGBTQ+ community and opens discussions around the barriers they continue to face. In honour of Pride, we share what it means to be an ally and how to support your 2SLGBTQ+ co-workers beyond June.

Suggested webinar programming: Building Better 2SLGBTQ+ Allyship and Workplace Support

July

Disability Inclusion in the Workplace

In recognition of National Disability Independence Day, we highlight the importance of disability inclusion in the workplace with expert-led advice that discusses the misconceptions about individuals with disabilities, the types of discrimination they face, and how workplaces can be more inclusive.

Suggested webinar programming: Fostering Psychological Safety Toward an Inclusive Workplace

August

Coping with Stress at Work

The workforce comes with unique challenges, some of which can feel stressful. While short-term stress can be manageable, if work-related stress becomes chronic, it can harm physical and emotional health. This month, we share recommendations for improving and managing stress in the workplace.

Suggested webinar programming: How To Manage Stress, Preventing Burnout at Work and at Home

September

Building Better Support for Working Parents

As a new school year falls upon us, we share helpful insight and a better understanding of working parents' challenges. While flexibility in working hours has become more common in modern workplaces, employers can incorporate several other initiatives to help parents feel supported and at ease in the workplace.

Suggested webinar programming: How To Identify and Prevent Caregiver Stress and Burnout

October

Talking About Mental Health at Work

Navigating conversations about mental health in the workplace can feel scary. This month, we help break the stigma around speaking about mental health with an employer or colleagues by providing tips to help guide the conversation in an inclusive and supportive manner.

Suggested webinar programming: How To Achieve Work/Life Balance

November

Raising Awareness of Men's Mental Health

Gain a better understanding of the stigma behind men's mental health as we recognize International Men's Day this month. We'll explore the common mental health concerns men face while providing recommendations and resources for support.

Suggested webinar programming: Overcoming the Stigmatization of Mental Health and Wellness

December

Better Budgeting for the Holidays

The holidays often encourage us to overspend to bring joy to others, but setting financial boundaries could help ensure you have a stress-free new year. Learn how to build a holiday budget that embraces the season of giving without going into debt.

Suggested webinar programming: An Introduction to Financial Management Principles



Reach out to your Account Manager or email webinars@inkblottherapy.com to request a webinar.

To assist in the coordination of your webinar, please include the following information in your request:

1. Your name, title, and contact information
2. Potential webinar titles and/or topics of interest
3. Preferred dates and times