

Health and Safety Matters

June 30, 2026



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Upcoming events

- WORKSHOP** - Safe Handling Peer Coach Training
- WORKSHOP** - Mental Health First Aid Essentials
- WEBINAR** - From friction to connection: Navigating tension, burnout, and human dynamics at work

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Build the foundations to support mental health

Be the calm in someone's storm—prepare to help when it matters most.

Join us on August 6 for Mental Health First Aid Essentials, a one-day workshop that provides a strong foundation in mental health awareness and supportive response skills.

Mental health and wellbeing is one of the top health and safety concerns in healthcare. This course is designed for individuals who want introductory training to support others better and strengthen their own mental well-being.

Participants will:

- Build confidence to support someone experiencing mental health challenges
- Learn a clear, practical action plan for supportive conversations
- Reduce stigma through respectful, recovery-oriented approaches
- Strengthen personal self-care and well-being

Member price: \$100

Lunch is provided for participants of this workshop.

[Register for August 6 ›](#)



Gentle Persuasive Approaches

August 11 | Parksville

Do you provide care for someone with dementia? Do you want to learn ways you can better care for someone with the disease?

In this one-day workshop, we'll provide you with the tools to apply emotional, environmental, and interpersonal communication strategies to prevent and defuse responsive behaviours

[Register for August 11 ›](#)



Mental Health First Aid Certification

August 24-25 | Burnaby

Want to go beyond the foundations of mental health first aid and become fully certified?

Register for our two-day certification workshop and receive in-depth training on how to respond to mental health challenges and crises. Successfully completing the workshop will give you a nationally recognized certification that is valid for three years.

[Register for August 24-25 ›](#)

What helps a debrief feel safe after a critical incident?



After a difficult incident, staff may need time and space to talk about what happened. A supportive debrief should feel private, respectful, and non-judgmental. Active listening, clear confidentiality, and follow-up can help workers feel supported.

What would help you feel safe and supported in a debrief conversation?

Debriefs can help build trust, but they are not a replacement for professional mental health support. Organizations should make staff aware of how to access available supports, including employee assistance programs, Care to Speak, or other workplace resources.

[Download the huddle ›](#)

How cultural safety supports safer care

INDIGENOUS HISTORY MONTH: UNDERSTANDING CULTURAL SAFETY



WATCH NOW

WITH ASHLEY HUBBARD

RN, Occupational health nurse, First Nations Health Authority (FNHA)



WEBINAR SERIES

This session invites participants to explore the connection between cultural safety, psychological safety, and quality care in long-term care settings.

In case you missed it, our latest webinar is now available on-demand.

In this session, Ashley Hubbard, a registered nurse and occupational health nurse with the First Nations Health Authority, explores what cultural safety, cultural humility and psychological safety look like in healthcare settings.

You'll learn how trust is built through relationships, and how small moments—such as asking what matters to someone, making room for family, explaining what you are doing, or taking time to listen—can shape whether residents and families feel respected, included, and safe.

Watch the webinar and download
resources ›

Your next webinar

WEBINAR SERIES

FINDING CONNECTION THROUGH EMPATHY

JULY 15, 2026

WITH DR. SHAHANA ALIBHAI
MD, Foundry



Our next free webinar, [Finding connection through empathy](#), is on July 15. This engaging session explores how empathy can strengthen workplace relationships, improve communication, and foster a culture where both caregivers and those they support can thrive.

Register for free ›

Register for FREE at:
safecarebc.ca



Benefits of membership: Book a free safety committee refresher



One of the many benefits of being a SafeCare BC member is access to free support from our health and safety consultants, including a **Joint Occupational Health and Safety Committee refresher presentation**.

This 30-minute session can be delivered in person or virtually and integrated into an existing committee meeting. It reinforces core JOHSC responsibilities, highlights current regulatory developments, and shares practical strategies to help keep your committee effective and compliant.

You'll also have the opportunity to ask site-specific health and safety questions.

[Book a refresher ›](#)



We strive to empower those working in the continuing care sector to create safer, healthier workplaces by fostering a culture of safety through evidence-based education, leadership, and collaboration.

LEARNING AND EDUCATION SUPPORTED BY



SafeCare BC

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