

Health and Safety Matters

September 15, 2026



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Upcoming events

- WORKSHOP** - The Working Mind for Managers and Leaders (Virtual)
- WORKSHOP** - Provincial Violence Prevention Curriculum
- WEBINAR** - SPACE: Creating a culture of suicide prevention
- WEBINAR** - Compassion begins with curiosity
- WEBINAR** - Mattering at work: From understanding to everyday action

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Make room for difference

Inclusion makes room for people to participate without becoming more like everyone else.

Fitting in can mean adapting ourselves to established workplace norms or expectations to be accepted. Belonging is different: it means being part of the workplace, feeling valued for what we contribute, and participating without having to become more like everyone else.

Creating inclusion does not mean expecting everyone to communicate, connect, or contribute in the same way. It means paying attention to people's experiences and making room for difference.

Explore this month's Get Psyched! topic for practical ways to support participation, connection, and belonging at work.

[Learn more ›](#)

Help your team respond to communication changes in dementia care



Changes in a person's words or actions may signal a change in how they process language, an unmet need, fear or distress. SafeCare BC's dementia care resources can help supervisors lead a short, practical conversation about noticing changes, responding with curiosity and protecting worker safety.

Choose one of our ready-to-use safety huddles on dementia care for your next team meeting, then share the [Every behaviour tells a story](#) infographic

[Learn more ›](#)

Become a certified Gentle Persuasive Approaches coach



Build your organization's capacity to provide Gentle Persuasive Approaches (GPA) training to your team.

We've partnered with Advanced Gerontological Education Inc. (AGE) to offer a two-day GPA Certified Coach Workshop at the SafeCare BC Training Centre in Burnaby on October 27–28.

By becoming a certified GPA Coach, participants are authorized to deliver GPA training within their organization—making it easier to bring practical, person-centred dementia education directly to your team.

[Register ›](#)

Explore the relationship between food, stress, and wellbeing



Beyond Diet Culture: Rethinking Food, Stress, and Wellbeing at Work

With Joanna Zelichowska



What if your habits around food have less to do with willpower and more to do with the conditions around you?

In our latest webinar, registered clinical counsellor Joanna Zelichowska challenges some common assumptions about emotional eating, distracted eating and workplace wellness, and explores how curiosity can help us better understand what we need when stress takes over.

[Watch the recording ›](#)

**Canadian Mental Health Association
supports Hearts and Hands as gold
partner**



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Mental health for all

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heartsandhands.ca

We'd like to thank the Canadian Mental Health Association BC Division for supporting the Hearts and Hands conference for healthcare assistants as a gold partner.

Learn how you can be like them and become one of our event partners by checking out our [sponsor prospectus](#).

Support Hearts and
Hands ›



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.

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