SafeCare BC

Health and Safety Matters

November 17, 2026



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Upcoming events

WORKSHOP - Provincial Violence Prevention Curriculum

WEBINAR - Say the hard thing

WEBINAR - Get to know your Employer Health & Safety Planning Tool Kit

WEBINAR - Beyond blame: An Indigenous perspective on disrupting lateral harm

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Know who you can turn to at work

You can spend a shift with residents, clients, and coworkers and still feel you're missing support or connection. Workplace loneliness is about how connected you feel.

One question to bring to a supervisor check-in is: "Who can I contact when I need support during my shift?"

Connection is a shared workplace responsibility. Leaders also need to make time and support available.

This month's Get Psyched! topic explores what workplace loneliness can look like and practical ways teams can strengthen connection.

Read about workplace loneliness ›

Learn how to **say the hard thing**



Say the hard thing: Communicating with confidence and care
December 1 | 11 a.m.

Creating a respectful workplace requires more than having a policy. Employees and leaders need the skills and confidence to address issues directly and provide constructive feedback.

This interactive webinar explores practical strategies for having conversations, including how to address defensiveness and how to set boundaries. Participants will gain the tools to foster respectful communication, strengthen workplace relationships, and create a more inclusive and productive work environment.

Register ›

When your shift feels like just a list of tasks



You're behind on your tasks. A resident seems off today. You know a few minutes of real connection would help them — and honestly, it would help you too.

But the checklist keeps growing. Sound familiar? Our safety huddle on improving workplace engagement is about that exact tension — and it's meant to be a short team conversation at the start of your shift.

Ask your supervisor or team lead about running it with your team.

Learn more ›

Register for an upcoming workshop



The Working Mind for Managers and Leaders

February 10, 2027 - SafeCare BC Training Centre - Burnaby

This workshop is designed to break the silence around mental health in the workplace and equip leaders with the tools to create a culture of support, understanding, and resilience.

You'll learn how to lead with empathy, spot the early signs of mental distress, and take confident action to support yourself and others.

Register ›



Mental Health First Aid Essentials

February 18, 2027 - SafeCare BC Training Centre - Burnaby

Gain a strong foundation in mental health awareness and supportive response skills. Participants learn how to recognize signs of declining mental health, respond with empathy, and use an action plan.

This course is ideal for individuals who want introductory training to better support others and strengthen their own mental well-being.

Register ›

Your SafeCare BC membership comes with perks

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Show me the perks



We've partnered with Perkopolis to make your SafeCare BC membership even better. This free program offers exclusive discounts on everything from clothes and groceries to events and travel.

Some highlights include: fuel savings at Shell gas stations, discounts on select Skechers and Adidas products, and offers on movie tickets from Cineplex.

The program is entirely free. You can register in four easy steps:

1. VISIT perkopolis.com and click Register
2. ENTER your preferred e-mail address
3. ACTIVATE using the registration link sent to your inbox and enter access code SCBC
4. COMPLETE your profile and start saving

Sign up for Perkopolis ›

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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