



WRHA/EAP Workshops 2022

EAP Workshops are held throughout the year at various locations in the Winnipeg health region and are open to all staff (unless noted).

The following sessions are currently scheduled for 2022:

Month	Topic	Location
March		
March 29	Financial Planning & Your Retirement	Virtual – Zoom
April		
April 13	Coping with Stress in the Workplace	Virtual – Zoom
May		
May 18	Stress in the Workplace	Virtual – Zoom

Workshops are opened to all staff.

Go to <http://www.wrha.mb.ca/education/eap.php> for details

Registration is required

Visit the [LMS](#) to register

<https://sharedhealthmb.learnflex.net>

Search for: WRHA – EAP and topic name