Resilia
community wellness centre

**Spring 2026 Lunch & Learns**
**All Sessions will take place 12pm – 1pm CST**

## Managing Stress

**March 18, 2026 (12pm)**
**https://us06web.zoom.us/meeting/register/x8t2pJomQI2g7EloKYNueA**

Stress is a natural response to challenges and demands, and while it can be beneficial in short bursts (good stress), chronic (dis)stress can lead to countless physical and mental health challenges. Stress can be caused by various factors including work-related pressures, life changes, relationships etc. Recognizing stress and understanding its effects is the first step in managing it. This session will focus on how the body experiences good and bad stress, addressing its causes, and exploring healthy coping strategies to help us manage and improve our quality of life.

## Unconscious Bias

**March 25, 2026 (12pm)**
**https://us06web.zoom.us/meeting/register/TZl47ZMOSd2NiRhidEDOJA**

This session is engaging, frank and honest. Together, we will deepen our understanding of how unconscious Bias influences communication, decision making and mental health in the workplace. Participants will gain practical tools to recognize and interrupt bias , strengthen self-awareness, and promote more inclusive, respectful and equitable professional practice.

## Lunch & Learn: Lateral Violence in the Workplace

**March 31, 2026 (12pm)**
**https://us06web.zoom.us/meeting/register/s5u15NaITnW7IpuOsd--pA**

We invite you to join us in a practical conversation about workplace dynamics and internal conflict. Together, we explore how unresolved trauma, stress and systemic pressure contribute to lateral violence in teams and agencies. During this session, we hope to recognize our/others unhealthy practices. Through reflection and case studies, we will move from harm and silence towards constructive dialogue and healthier workplace relationships.

**https://resiliacentre.ca/community-of-practice/**