

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

Kindness through Self-Compassion

January 14, 2026 (12pm)

<https://us06web.zoom.us/meeting/register/xOjc76DiTjGza5Tz6RZ85A>

Self-compassion is the practice of showing yourself the same kindness, patience, and encouragement that you would offer a close friend who needed support. This uplifting and interactive session is designed to help us reconnect with our inner strength and treat ourselves with greater care. Together, we'll explore practical tools to build resilience, prioritize our well-being, and cultivate a compassionate inner voice that motivates, supports, and inspires us—especially in challenging moments.

Speaking the Language of Emotions

February 11, 2026 (12pm)

<https://us06web.zoom.us/meeting/register/YEjksdMTfeM2SMBTmd9dg>

Identifying emotions helps us understand our behaviour and responses in life situations. This session will provide an overview of the mental and physical expressions of emotions and focus on exploring and naming them: what they look like, what they feel like, and how to recognize them. This helps us respond in appropriate ways. Together, we will look at example scenarios and discuss how we might individually and collectively respond.

Managing Stress

March 18, 2026 (12pm)

<https://us06web.zoom.us/meeting/register/x8t2pJomQl2g7EloKYNueA>

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.

<https://resiliacentre.ca/community-of-practice/>