

Maintaining Mental Fitness Season 2 – Media Kit

"February marks the 11th consecutive month in which the Mental Health Index reflects strained mental health in the Canadian population.



...the working population is currently as distressed as the most distressed one per cent of working Canadians, prior to 2020."

[The Mental Health Index Report
Canada, February 2021](#)

The effects of the COVID-19 global pandemic continue to create uncertainty and anxiety for many Canadians. Feeling stressed and fearful takes a toll on our health and well-being both at home and in the workplace. Many employers offer an Employee and Family Assistance Program (EFAP) to support employees that are struggling, but as we know in occupational health and safety; prevention is often the key. In order to help you, your employees, and members stay mentally fit and increase resiliency, we are pleased to announce season 2 of our free [Maintaining Mental Fitness](#) webinars.

Starting on **Tuesday, May 11 at 10:00 am (MST), 12:00 Noon (EST)** we will be offering 12 free bi-weekly webinars created in partnership with Howatt HR and the Alberta Urban Municipalities Association (AUMA). Author, columnist, and workplace productivity expert Dr. Bill Howatt returns to examine key behaviors organizations and individuals can do to maintain mental fitness during these challenging times. Each webinar includes a 15-minute mental fitness concept or skill, followed by an interactive Q&A session for mental fitness-related questions.

MMF 2.0 Schedule

[Click to register](#) for one or all 12 of our free, bi-weekly webinars.

May 11, 2021 - *Moving away from loneliness starts from within*

May 25, 2021 - *Tips for being less overwhelmed at work (Feeling overwhelmed is the new norm)*

June 8, 2021 - *Tips for taming negative emotions*

June 22, 2021 - *Relationship survival tips*

July 6, 2021 - *Tips for dealing with emotional exhaustion*

July 20, 2021 - *Benefits of monitoring positive and negative daily changes*

Aug. 3, 2021 - *Insulating for irritability
(Tips for managing anger)*

Aug. 17, 2021 - *Halting self-doubt*

Aug. 31, 2021 - *Tips for unplugging from work*

Sept. 14, 2021 - *Tossing social rejection*

Sept. 28, 2021 - *Blending demands of home and work*

Oct. 12, 2021 - *Setting social media boundaries*

Who we are

The [Alberta Municipal Health and Safety Association](#) (AMHSA) is an educational non-profit that promotes the knowledge of health and safety in the workplace. Our mission is to guide municipal employers in implementing effective occupational health and safety (OHS) management systems and to educate employees through classroom and online training.

Established in 1905, the [Alberta Urban Municipalities Association](#) (AUMA) represents Alberta's urban municipalities- including cities, towns, summer villages, and specialized municipalities-where over 85% of Albertans live. AUMA works with elected and administrative leaders of Alberta's urban municipalities to advocate for solutions to municipal issues, and to identify and develop opportunities that contribute to key components of community building-economic, environment, governance, infrastructure, and social.

[Howatt HR Consulting](#) is a growing Halifax-based company that believes in fostering an agile work environment in order to bridge the gap between academic research and applied solutions for organizations across Canada. Founder and President Dr. Bill Howatt, Ph.D, Ed.D, is the former Chief of Research and Workforce Productivity at the Conference Board of Canada and is a frequent contributor to the Globe and Mail.

Community Partners

We are offering an opportunity for you to demonstrate your leadership by becoming a **community partner** and sponsoring our second series of webinars. We have three different levels of **community partnership** for your consideration.

- **Pillar** - \$500 to sponsor our entire 12-episode webinar series which would include your company's logo placement on our Maintaining Mental Fitness website, logo placement on the bi-weekly presentations, and an unlimited \$50 discount code for registrations to our Psychological Health and Safety Facilitator's Certification program ([visit our website](#) for more details).
- **Builder** - \$250 to sponsor four (4) webinars which would include your company's logo placement on our Maintaining Mental Fitness website and logo placement on the bi-weekly PowerPoints.
- **Contributor** - \$100 to advertise your organizations logo during a single webinar.

Season 1 of Maintaining Mental Fitness included 20 webinars and was a huge success with over 5,000 live attendees and more than 12,000 on-demand views.

"These sessions are amazing. Very few people think about the topics presented in these sessions on a regular basis, yet not giving these topics due treatment can result in directionless, pain-filled lives. Thank you so very much for sharing!"



Promote our free, bi-weekly webinar to your members

Click below to download our marketing materials, or contact us at communications@amhsa.net

- [Media Kit \(pdf\)](#)
- [Sponsorship Letter](#)
- [Banner](#)
- Social Media Graphics ([01](#), [02](#), [03](#), [04](#), [05](#))
- [Animated Graphic \(mp4\)](#)
- [MMF Newsletter Sign-Up](#)



1.800.267.9764

www.amhsa.net | safety@amhsa.net
[Facebook](#) | [LinkedIn](#)



ALBERTA URBAN MUNICIPALITIES ASSOCIATION

1.877.421.6644

www.auma.ca
[Twitter](#) | [Facebook](#) | [LinkedIn](#) | [Youtube](#)



1.902.452.7683

www.howatthr.com
[Twitter](#) | [LinkedIn](#)

www.MaintainingMentalFitness.com

MMF is meant for educational purposes only and does not provide any psychological claims for treatment or counselling support. If you need mental health support and do not have access to an EFAP or psychological service, consider [Wellness Together Canada](#) or your local crisis line. If you are experiencing suicide ideation we recommend you immediately log on to [Crisis Services Canada](#), call 1-833-456-4566, or text 45645.