



Canadian Mental
Health Association
Mental health for all



MENTAL HEALTH & RESILIENCY IN AGRICULTURE

YOUR HEALTH, OUR PRIORITY!

Join us for an insightful exploration of mental wellness within agriculture, where we'll spark conversations on stress management, resilience, and effective self-care strategies. Let's cultivate not only our crops but also the well-being of those who nurture them.

WHAT WILL WE COVER?

- ✓ Agricultural factors for stress
- ✓ Coping strategies
- ✓ Resources
- ✓ AgLife Connector Network



EVENT DETAILS:

- ? May 29, 2024, 12:00 pm to 1:00 pm
- 📍 Zoom (session will be recorded)
- 🌐 [Click Here To Register](#)



BRITISH COLUMBIA
GRAPEGROWERS'
ASSOCIATION



BC CHERRY
ASSOCIATION



BRITISH COLUMBIA
WINE GRAPE
COUNCIL