

Supporting Mental Well-Being at City of Vancouver - Learning Program



This learning program is designed to provide all City of Vancouver staff with knowledge and skills related to supporting mental well-being in the workplace.

You will find different course types including instructor led courses through CityLearn, e-learning courses, and LinkedIn Learning courses.

[Access the City's Learning Management System for employees](#) and log in with your employee number or network ID. Each of the courses listed below can be found in the Learning Management System.

Once you've logged on to the Learning Management System, you can search for the course by title.

LEARNING PROGRAM



Instructor Led Courses through CityLearn

- Stress Less: Smart Self-Management
- Building Resilience



City of Vancouver E-Learning Courses

- Promoting Psychological Safety in Your Team
- Resilience Mini Lessons
- The Secret to Unlocking the Stress Response Cycle



LinkedIn Learning Courses

- Managing Anxiety in the Workplace
- How to Manage Feeling Overwhelmed
- Managing Stress for Positive Change
- Supporting Your Mental Health While Working from Home
- Mindful Stress Management