



The Ottawa  
Hospital | L'Hôpital  
d'Ottawa

The Ottawa Hospital EAP Health  
and Wellness Website/ Portail de  
santé et de mieux-être du PAE de  
L'Hôpital d'Ottawa

Shepell·fgi<sup>®</sup>  
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## Shepell·fgi Wellness Seminar Series

Shepell·fgi is delighted to provide an extensive and evolving range of wellness seminars as an important addition to our EAP service.

### **Understanding Depressive Illness**

**Civic Campus: June 19, 2007, 12:00 p.m.-1:00 p.m.**

Five percent of the Canadian workforce suffers from depression and is working while in a depressed state. This situation is exacerbated by the stigma that still exists around depression and the reluctance to openly discuss it at home or in the workplace. Discover popular myths about depression and better understand the cause, triggers and symptoms of depressive illness. Explore ways in which depression can be successfully treated.

### **Caring for the Aging**

**Civic Campus: September 12, 2007, 12:00 p.m.-1:00 p.m.**

With the aging population, elder care responsibilities are becoming a reality for an increasing number of Canadians today. This multi-faceted role is quite different from any other and many of us are too challenged with the demands of everyday life to find the time to investigate and learn about the critical issues we will face as caregivers for our older loved ones. However, being an informed caregiver will enhance our decision-making ability and we are more likely to experience care giving as a positive, rewarding role

### **Living Well with Stress**

**Riverside Campus: October 18, 2007, 12:00 p.m.-1:00 p.m.**

Stress is everywhere and no-one is immune anymore. We encounter daily stressful events that are commonly experienced and others that are unique. Since stress is unavoidable, the focus of the session is to learn how to live with stress more effectively. Participants will learn the definition of stress, what is the Fight/Flight Response, how to identify their own stressors and symptoms, and strategies that will increase their resiliency.

### **Living Well with Shift Work**

**General Campus: October 24, 2007, 8 p.m. - 9 p.m.**

Research shows that 80% of all shift workers live with concerns or challenges in one more of the following areas: dealing with chronic fatigue, maintaining a well-balanced, healthy diet, and coping with the stress that results from fluctuating work hours that isolate shift workers from the rest of the "day" world. This informative seminar provides shift work employees with successful strategies and practical resources for living well with a shift work lifestyle.

### **Parenting the Teen Years**

**Civic Campus: February 5, 2008, 12:00 p.m.-1:00 p.m.**

This session is designed to normalize and reframe the changes that occur during the teenage (13-19) developmental period, and to provide parents of teens with some suggestions on how they can best support their adolescent child move into young adulthood.

### **Boosting your Positive Outlook**

**General Campus: March 31, 2008, 12:00 p.m.-1:00 p.m.**

Bad thinking habits great contribute to stress. As negative thoughts occur, actual changes in the body's chemistry take place, increasing stress levels and impacting on performance and well-being. This session equips participants with the tools for understanding how Automatic Negative Thinking occurs, its typical manifestations and introduces them to a simple process for tackling these thoughts effectively.

*For wellness seminar locations and pre-registration details, please [click here](#)*

*([http://infonet/documents\\_hs/Wellness Seminars.pdf](http://infonet/documents_hs/Wellness Seminars.pdf))*