

Keep winter blues away at work.

1 message

Olivia Cicchini <events@peninsulacanada.ca>
 Reply-To: events@peninsulacanada.ca
 To: supriya274@gmail.com

22 January 2026 at 15:12



Hi Supriya,

Freezing weather, shorter days, and post-holiday financial strain can make January feel heavy.

But with the right HR guidance, you can keep productivity strong and morale high at Peninsula Canada.

Join our upcoming webinar to discover practical, compassionate ways to build happier, healthier teams when they need support most.

At our webinar, you'll learn:

- What Blue Monday is and why winter impacts productivity
- Practical ways to support mental wellbeing at work
- How to identify early signs of burnout
- When mental health becomes a disability and your legal duties
- How OHSA and workers' compensation rules are evolving across Canada

Seats fill quickly. Reserve your spot today!

Event Details

Date - Wednesday, January 28, 2026

Time - 2:00 PM ET / 11:00 AM PT

[Register now](#)

Kind regards,

Olivia Cicchini

Employment Relations Expert & Presenter

Peninsula Canada

[LinkedIn](#)

T: 1 (833) 247-3652

W: peninsulacanada.ca



Address: [33 Yonge Street, Suite 610, Toronto, ON, M5E 1G4, Canada.](#)

[Unsubscribe](#) [Manage Preferences](#) [Privacy Policy](#)