



August 3, 2021

TO ALL IBEW FIRST DISTRICT LOCAL UNIONS

Greetings:

Thank you to all who have attended our webinars and have provided feedback. We're excited to announce our next webinar titled, "*Mental Health: A Pandemic Within a Pandemic*". Prior to the pandemic, mental health affected 1 in 5 Canadians. This has since increased to 1 in 4 Canadians. Are you curious as to the effects the COVID-19 pandemic is having on Canadians? Join us as we discuss some of effects and helpful strategies to assist our members and coworkers. Additionally, we'll look at some of the ways to practice self-care.

Once again, the webinar will be offered twice; one held at a convenient time slot for our members in Eastern Canada and one at a convenient time slot for our members in Western Canada. The schedule for the upcoming webinars along with the links to register is as follows:

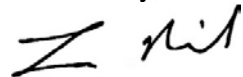
Mental Health: A Pandemic Within a Pandemic

- **Eastern Canada** – Wednesday, August 11, 2021 at 7:00 pm **EDT** – Register [here](#)
- **Western Canada** – Wednesday, August 25, 2021 at 6:00 pm **PDT** – Register [here](#)

To attend the webinars, participants will need to register in advance using the links above. Participants will need to provide their full name and local union number when registering. After registering, participants will receive a confirmation email containing information about joining the meeting.

We encourage members at all levels to attend these webinars and ask that you pass this information onto your membership and encourage those who are interested to register. To assist you in advertising these events to your membership, please see the attached poster. Additionally, webinars will be recorded and will be made available on the [IBEW Canada YouTube channel](#). Thank you in advance for supporting this initiative by having your members attend these webinars.

In solidarity,



Tom Reid
International Vice President

TR/ln

Encl.

cc: International Representatives
IBEW System Council #11
IBEW CCO

WEBINAR WEDNESDAYS



**IBEW
CANADA**



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