



Southwestern Ontario Chapter

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Half Day Seminar Mental Wellbeing - How Are We Doing? Thursday, March 1, 2018

Join us for an update on mental wellbeing with two great topics and speakers.

The Medicalization of Unhappiness

This presentation by Peter Gove, Innovation Leader, Health Management at Green Shield Canada examines the history of mental illness in Canada, how it has been treated, and/or gone untreated, as well as the consequences of the practices that has prevailed. He will also review how much the landscape has changed over the last few decades. Mr. Gove will zero in on the changing medical and social landscape that has led to the proliferation of mental health diagnoses and the widespread prescribing of anti-depressants. He will touch on whether normal, expected bouts of sadness become “medicalized” and are we in turn medicating large portions of the population across the varying age bands. Are there other strategies for care that would better help these patients? Where do therapy and wellness professionals fit in? What are the options available and what are the statistics that support these options?

Financial Issues and the Impact on Mental Health

Recent research from Manulife shows finances are intricately woven into people's lives and problems. The study asked professional personal counsellors their opinion about the impact finances have on their clients' wellbeing. Overcoming financial challenges goes beyond balancing a cheque book and reviewing a budget; it's also about dealing with the feeling of being financially unwell and the direct impact on one's mental health. This session highlights ways employers can help their employees bring their best to work. With large numbers of boomers transitioning into retirement, and the rise of the gig economy, the North American workforce has seen unprecedented change in recent years. For many people, the traditional view of retirement as a full-stop transition from work to leisure has changed along the way.

DATE: Thursday, March 1, 2018

TIME: 8:00 – 8:30 am – Registration & Breakfast
8:30 – 11:00 am – Program

LOCATION: Deer Ridge Golf Club
200 Deer Ridge Drive
Kitchener, Ontario
[Directions](#)

COST: \$50 – SWO or Toronto Chapter Members
\$75 – Non-member/Guest
\$300 – Table of Six

REGISTRATION: Please [click here](#) for more information and registration

RSVP: By Thursday, February 22, 2018

QUESTIONS: Trudy Parker, (800) 667-8164 x 601014
trudy_parker@cooperators.ca

REGISTER NOW



Education sessions at this program will qualify for three (3) CEBS continuing professional education (CPE) credits. Visit www.cebscpe.org for more information.

Speakers:

Peter Gove

Innovation Leader, Health Management
Green Shield Canada (GSC)

Peter Gove, innovation leader, health management with Green Shield Canada (GSC), has oversight for initiatives under GSC's Change4Life™ banner. Change4Life™ is aimed at supporting Canadians to better manage their health. The initiative utilizes advanced analytics to proactively identify plan participants who are at risk of developing, or who have developed a chronic disease and to reach out to them with focused programs.

Prior to coming to GSC, Peter was responsible for the national disability management and life insurance claims program for a large Canadian life insurance company.

Mr. Gove has a master's degree in social work and is a registered social worker. Continuing his education, he started a PhD program in Applied Health Science at the University of Waterloo. He has presented internationally in the areas of health management and disability management and was the recipient of the 2014 Vision and Values Award presented by the Canadian Life and Health Insurance Association.

Lindsay Bell

Senior Health Management Consultant,
Wellness, Disability
Manulife

Having worked within various sectors performing workplace wellness consultation and human resource functions, Lindsay's passion is organizational well-being and employee health. Her educational background includes her Honours Bachelor of Arts Psychology Degree, her post graduate in Workplace Wellness & Health Promotion and she has received her Mental Health First Aid Certificate from the Mental Health Commission of Canada.

As a Board of Directors member for the Ontario Workplace Health Coalition she extends her personal time to help advocate for change across Ontario workplaces. As one of Manulife's Senior Health Management Consultants, Lindsay relishes in knowing that her everyday actions with Manulife's clients not only makes a difference in employee's lives but also generates impactful results for those organizations.