

HOUSEKEEPING PROFESSIONAL TODAY

The Official Publication of the Canadian Healthcare Housekeepers Association (CHHA)  **CHHA**
A DIVISION OF AHS



Your Mental Health Matters



Working in Environmental Services and Healthcare Housekeeping can be both rewarding and demanding. Every day, you play a vital role in creating safe, clean, and healing environments for patients, residents, visitors, and healthcare teams. While the work is important, it can also bring challenges that affect your mental health and well-being.

Remember, you are not alone.

continued on page 2 »

Mental Health in the EVS Workplace

*June Lunch & Learn Recording
Now Available for Viewing*

If you were unable to join us on June 17, or would like to revisit the discussion, we're pleased to announce that the recording of the **CHHA Lunch & Learn focused on Mental Health in the EVS Workplace** is now available exclusively to CHHA members.

This insightful session featured **Pierrick Gacinya**, Trainer and Facilitator of the Mental Health Works programs with the Canadian Mental Health Association (CMHA). Participants gained valuable

knowledge on understanding mental health in the workplace, recognizing signs of stress and mental health challenges, and fostering a supportive and psychologically healthy work environment for Environmental Services professionals.

To access the recording, simply log in to your CHHA Member Portal. While you're there, be sure to explore the growing library of member-exclusive resources, including webinars, toolkits, infographics, posters, industry updates, and profes-

sional development materials designed to support you and your team.

Don't miss this opportunity to strengthen your understanding of workplace mental health and access the resources available to help build healthier, more resilient EVS teams.

Please see the letter (*on page 2*) from Pierrick Gacinya, who reflects on the importance of workplace mental health, reinforces the session's key messages, and shares additional insights for CHHA members.

NOW AVAILABLE: Mental Health Resources for CHHA Members

The Canadian Healthcare Housekeepers Association (CHHA) is pleased to introduce a new **Mental Health Resource Page** exclusively for members. Recognizing the important role environmental services professionals play in supporting safe, healthy healthcare environments, this dedicated resource hub has been created to help promote mental wellness for individuals and teams across the healthcare housekeeping sector.

continued on page 2 »

Help Us Help You!

The Canadian Healthcare Housekeepers Association (CHHA) is inviting members and industry stakeholders to take part in a short survey designed to help shape future CHHA programs, resources, and professional development opportunities. Your insights are incredibly valuable. By sharing your perspective, you help ensure CHHA continues to deliver the education, tools, and support that environmental services professionals across Canada truly need. **HAVE YOUR SAY NOW!**

A Message from Pierrick Gacinya, Canadian Mental Health Association (CMHA)

Hello everyone,

Thank you so much for joining the CHHA Lunch & Learn on Mental Health in the EVS Workplace. Our Mental Health Works® program is committed to teaching employees on evidence-based wellness strategies, from a place of compassion and empathy. We offer a suite of services for any type or size of organization, from all-staff workshops, leadership training, and Psychological Health and Safety Certificates.

As promised, here is some follow-up information to keep handy:

- **Product Catalogue:** an overview of our program and workshop details that I took you through is now available on the CHHA Member Portal. [Click here.](#)

- **Mental Health Works:** One-page document that provides a quick snapshot of our program and includes testimonials. [Click here.](#)

- **Immediate and Community Mental Health resources:** This is a list of free mental health resources that CMHA offers to all participants. It is also a practical list to keep on hand for your team. [Click here.](#)

Pricing:

- \$1,050 per 90-minute workshop
- \$2,000 per three-hour workshop (geared towards leadership)

Other programs:

Psychological Health and Safety Professional Certificate Training

(offered by Mental Health Works): I also mentioned our hands-on 21-hour training designed for anyone who is striving to make a workplace culture where people feel safe, supported, happy, and motivated to do their best work. For more information, [click here.](#)

Your Health Space: a CMHA program that helps teams address similar topics as Mental Health Works: burn-out, boost mental health literacy and support a safer, healthier workplace. The trainers have direct experience with healthcare. For more information, [click here.](#)

Resilient Minds for Community Workers (frontline): a comprehensive (seven-hours), evidence-based, peer-led psychological health awareness training program designed by community workers for community workers. It's designed for individuals working on the frontline in a variety of organizations. For more information, [click here.](#)

For any questions, you can message me at: pgacinya@ontario.cmha.ca.

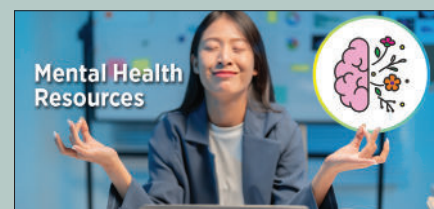


« continued from page 1 Your Mental Health Matters

If you are feeling overwhelmed, stressed, or struggling, support is available. Reaching out for help is a sign of strength, and there are resources designed to support you, your colleagues, and your team. By taking care of our mental health and looking out for one another, we can build healthier, more resilient workplaces where everyone feels valued, supported, and empowered to thrive.

« continued from page 1

New Mental Health Resources Now Available



The *Mental Health Resource Page* features a growing collection of practical tools and educational materials, including infographics, posters, toolkits, awareness resources, and other helpful supports designed to foster positive mental health in the workplace. Whether you are looking to start conversations about mental wellness, support your colleagues, or build a healthier workplace culture, these resources are available to assist you every step of the way.

To ensure members have access to the most current and relevant information, the resource page will be updated regularly with new materials and tools. Be sure to visit often and take advantage of the resources available to help you and your team cultivate and maintain positive mental health.

Nominations Now Open for the 2026 CHHA Environmental Services / Housekeeping Awards of Recognition

Do you know an outstanding Environmental Services professional or team that goes above and beyond every day? Now is your opportunity to recognize their dedication, professionalism, and contributions to creating safe, clean, and healthy healthcare environments.

Nominations for the 2026 CHHA Environmental Services / Housekeeping Awards of Recognition are now officially open on the [CHHA website](#). Members are encouraged to submit nominations for deserving individuals or teams whose commitment and excellence have made a positive impact within their healthcare facility and community.

Award recipients will be recognized during *International Environmental Services / Housekeeping Awareness Week*, taking place **September 13-19, 2026**. This special week provides the perfect opportunity to celebrate the invaluable contributions of Environmental Services and Housekeeping professionals working in hospitals, long-term care homes, and other healthcare settings across Canada.

Visit the [CHHA website](#) today to learn more about the award categories and submit your nomination. Help us shine a spotlight on the remarkable people and teams who make a difference every day.




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Canadian Healthcare Housekeepers' Association

910 Dundas St. W., P.O. Box 10009
Whitby, ON Canada L1P 1P7
Phone: (905) 665-8001
Toll Free: 1-866-684-8273
info@healthcarehousekeeper.org
<https://healthcarehousekeeper.org/>