



THE CANADIAN INSTITUTE OF WORKPLACE BULLYING PRESENTS:

ADULT BULLYING AND HARASSMENT, WHAT IS IT AND WHAT TO DO ABOUT IT

This workshop is an overview on the definitions, legislation, signs, risks, prevalence, and solutions for all parties. Our presentation will provide you with valuable knowledge, resources, and a few tools for this growing epidemic experienced in all professions, industries, and communities including housing co-ops.

You'll learn:

- what is and what is not bullying;
- what you can do about it; and
- what psychological health and injuries are, as well as
- hazards and warning signs, and how to address them.

Our workshop will focus on the trauma-informed steps for prevention, intervention, and restore and/or repair options, which are essential to stop bullying.