



PHYSICAL  
MENTAL  
WORKPLACE  
FINANCIAL  
SOCIAL

## Wellness Connection



### OUR MISSION

WE ARE COMMITTED TO SUPPORTING AND WORKING WITH MUNICIPALITIES TO ENSURE THEY HAVE THE RESOURCES AVAILABLE TO HELP THEIR EMPLOYEES AND ELECTED OFFICIALS THRIVE IN THEIR WELLNESS JOURNEYS AND ACHIEVE THEIR PERSONAL HEALTH GOALS.

### OUR VISION

STRIVING FOR A HEALTHY WORKPLACE ENVIRONMENT WITH ENGAGED EMPLOYEES AND ELECTED OFFICIALS.

## MAY – MENTAL HEALTH AWARENESS MONTH IN CANADA



**Rebecca Toole**  
Manager of Professional  
Development & Education  
[rtoole@amans.ca](mailto:rtoole@amans.ca)



**Sam Pellerin**  
Administrative Support  
[spellerin@amans.ca](mailto:spellerin@amans.ca)

## **IMPORTANT MUNICIPAL WELLNESS PROGRAM UPDATE**

As of November 30, 2026, the Municipal Wellness Program will cease being offered through AMANS.

The decision to end AMANS's role as the administrator and deliverer of the program was made by the NSFM Board of Directors after it concluded an internal review. As of December 1, 2026, NSFM will assume full responsibility for the administration and delivery of the Program. If subscribers have any programming related questions please contact AMANS staff. NSFM has committed to a coordinated transition of the program. AMANS staff will communicate updates as the transition moves forward. AMANS members and CAOs have all received a letter making them aware of this change.

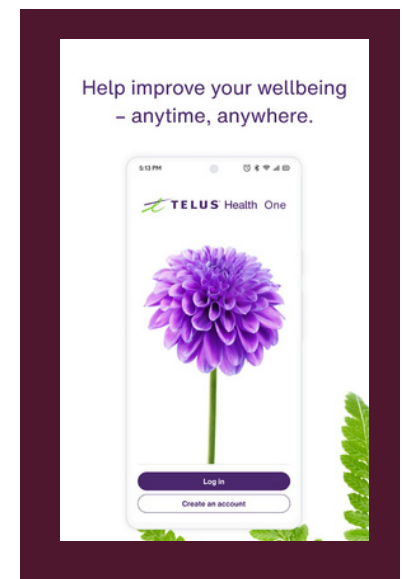
## **TELUS HEALTH ONE: MENTAL HEALTH RESOURCES INFO SESSION**

**Date:** Tuesday May 26, 2026

**Time:** 11:00 AM - 11:30 AM

Your Employee Assistance Program (EAP) is designed to support you across all areas of life – from connecting with a counsellor to consulting a lawyer, financial advisor, or dietitian. Central to your EAP is TELUS Health One, a digital health and wellbeing hub that brings together mental health support, wellness tools, and self-paced clinical programs in one convenient app and website.

Join Kerri Farrell, the Customer Success Manager with TELUS Health, for a guided overview of the mental health resources available through TELUS Health One.



**Facilitator:** Kerri Farrell, Customer Success Manager - TELUS Health

**For registration & additional information: [Click Here](#)**

## MAY IS RECOGNIZED AS MENTAL HEALTH AWARENESS MONTH IN CANADA



It's a time to reflect on the importance of mental health and the role it plays in overall wellbeing.

Throughout the month of May, we are pleased to offer a **FREE** mental health webinar series as part of this national initiative.

### **MENTAL HEALTH IN MUNICIPAL LEADERSHIP** *WEBINAR SERIES*

Municipal work comes with unique pressures – constant accountability, complex decisions, and the expectation to stay composed under scrutiny. Over time, this can take a real toll on mental health and well-being.

This four-part cohort explores how sustained responsibility impacts mental health in the workplace and what leaders can do about it. Grounded in neuroscience and real municipal experience, the series offers practical insight into managing pressure, supporting teams, and building healthier workplace cultures.

- **Session 1** (April 29): Carrying - The Hidden Mental Load of Municipal Responsibility
- **Session 2** (May 6): Containing: Emotional Labour, Exposure, and the Cost of Staying
- **Session 3** (May 13): Recovering - What Restoration Actually Requires in High-Pressure Work
- **Session 4** (May 20): Sustaining: Building a Mentally Healthy Municipal Workplace

All sessions are scheduled from **11:00 AM – 12:00 PM**.

**Facilitator:** Celina Caesar-Chavannes, Sr. Advisor, EDI Initiatives and Adjunct Lecturer

**For registration & additional information: [Click Here](#)**

## MUNICIPALITY OF THE COUNTY OF RICHMOND – WELLNESS HIGHLIGHT MONTHLY WELLNESS SNACKS



Creating connection across multiple worksites can be a challenge – but the Municipality of the County of Richmond has found a simple and thoughtful way to bring staff together through monthly wellness snacks.

With staff working across four different municipal sites, the initiative was created to help employees feel more connected while encouraging healthy eating and opportunities for informal social interaction. Wellness snack packages are delivered to each location, giving staff a chance to gather with coworkers, take a break, and enjoy a treat together.

The initiative has been met with positive feedback across the organization, with staff often sending appreciation messages following deliveries. The Municipality shared that these small moments of connection have helped strengthen workplace culture and create a greater sense of community between sites.

Their advice to other municipal units considering something similar? “Small gestures go a long way.” Each snack package is personalized with a Richmond Wellness label and tailored to staff at each site – adding an extra thoughtful touch to the initiative.

*Wellness Highlight submitted by Shannon Mury, Director of Community Development and Recreation, Municipality of the County of Richmond.*

**Does your municipality have a wellness initiative they would like to share?**



**Municipal Highlight submission form: [Click Here](#)**

## HELP US BUILD THE MUNICIPAL WELLNESS COOKBOOK

*In efforts to hear from more municipal staff, we have extended our recipe submission date for the Municipal Wellness Cookbook until May 31, 2026.*

We're inviting municipal employees and elected officials to share their favourite healthy recipes for breakfast, lunch, dinner, or snacks. Whether it's a quick weekday meal, a meal-prep favourite, or a go-to healthy treat, we want to showcase your favourites!



Submitted recipes will be compiled into a Municipal Wellness Program Cookbook that will be available to municipalities this year.

As a thank you for participating, everyone who submits a recipe will be entered into a draw to win one of two \$100 Sobeys gift cards.

### Submission Details

To submit your recipe, please complete the form linked below.

**Recipe Submission form: [Click Here](#)**

When submitting your recipe, we encourage you to send a photo of your finished dish to [spellerin@amans.ca](mailto:spellerin@amans.ca) to help bring the cookbook to life.

Submission date has been extended to **May 31**.

We look forward to sharing the delicious and nutritious choices happening in municipal kitchens across the province!

## CONGRATULATIONS TO OUR 2026-2027 WELLNESS GRANT RECIPIENTS

Municipal Unit	Wellness Project/Initiative
Municipality of the County of Richmond	Stronger Together: Supporting the People who Serve our Community
West Hants Regional Municipality	Burnout Prevention & Psychological Safety Training Series
Town of Truro	Weekly Wellness Series
Municipality of the County of Cumberland	Wellness Week - May
Municipal Joint Services Board	Employee Wellness Garden Project
Town of Middleton	Wellness Lunch & Learn
Municipality of the County of Kings	Municipal Wellness Programming
Municipality of the County of Colchester	Try Something New Colchester
Municipality of the County of Inverness	Stepping into Wellness
Municipality of the District of East Hants	Wellness Series
Municipality of the County of Annapolis	Movement & Wellbeing Initiative
Town of Kentville	Staff Wellness & Education
Town of Amherst	Healthy Horizons
Kentville Police	Resilience & Wellness Program
Town of Pictou	Thrive @ Work
Municipality of the District of Shelburne	Wellness Wednesdays
Town of Yarmouth	Book Club & Summer Wellness - Beat the Heat
Town of Stellarton	Afternoon Activities

## NOVA SCOTIA WALK DAY - MAY 13, 2026



NS Walk Day, hosted by Hike Nova Scotia, is an annual opportunity to get outside, get moving, and promote physical activity in your workplaces.



We invite municipalities across Nova Scotia to take part in this annual event by organizing a workplace walk on May 13, 2026. NS Walk Day is a great opportunity to support physical activity, connection, and wellness within your workplace and community.

If your municipality plans to participate, please register using the link below (please note that registration is still open):

**NS Walk Day Registration Form: [Click Here](#)**



NOVA SCOTIA FEDERATION  
OF MUNICIPALITIES

