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June 2020

Dear Healthcare Professional,

The CCPE is pleased to invite you to participate in **ARCH** (Achieving Resilience in Canadian Healthcare), a video series and virtual community of practice dedicated to promoting **Practical Resilience for healthcare professionals in the face of a pandemic**. Facilitated by Dr. E. Adriana Wilson, Psychiatrist, FRCPC, this free community of practice focuses on evidence-based resilience promotion, offered in a very practical manner.

See links below to the 4 complementary e-learning videos, and join the related ARCH virtual Community of Practice here: <https://bit.ly/ARCHsignup>

ARCH begins with 4 archived learning modules under the banner of Practical Resilience:

1. Practical Resilience defined - <https://bit.ly/ARCHvideo1>
2. Making the most of your relationships during COVID - <https://bit.ly/ARCHvideo2>
3. How to recharge during COVID - <https://bit.ly/ARCHvideo3>
4. Making Meaning through COVID - <https://bit.ly/ARCHvideo4>

Once you've had a chance to review one or all of the modules and would like to join the ARCH virtual Community of Practice to discuss resilience with your peers and/or ask questions of Dr. Wilson, you can sign up here: <https://bit.ly/ARCHsignup>

For more information about the ARCH community, visit www.resiliencehealthcare.org

Be well,

A handwritten signature in black ink, appearing to read "Jim Shea".

Jim Shea
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