



Centre for Organizational Governance in Agriculture

Sponsored in part by the
BC Council of Marketing Boards
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The Centre for Organizational Governance in Agriculture ("COGA") is pleased to provide professional development and educational programs for directors, management, staff of BC's agricultural boards, commission and associations, and the entire agriculture community of BC.

The Seasons of Stress

Friday, February 16th, 2024

11:00 a.m. – 12:30 p.m. via Zoom

Note: There is no charge for the event, but registration is required!

Presented by

TJ Garcha, Dipl.OHS
AgSafe Agriculture Association

and

Parminder Rai, BA, Med, RCC

AgSafe



About the Workshop

The end of the year (and start of a new year) can be the most stressful time for everyone, and especially for farmers. In this presentation we will discuss some of the more common signs of stress and healthy ways to respond to these signs when presented in themselves and/or their farm family, including workers. We will also look at some ways to cope with stress on a daily basis without having to disrupt the daily rigor of farming. We will look at ways to offer resources and support when signs are observed in those around you, and how to access them for yourself.



About our presenter

TJ Garcha grew up in Langley on his family farm where he learned the importance of hard work and discipline.

After completing the Occupational Health and Safety program at BCIT, TJ has worked as a Health & Safety Advisor since 2007.

TJ enjoys visiting farms and meeting employers and workers. His hope is to help them take ownership of safety by promoting a team-led approach. His Punjabi language skills help him connect with more people, especially during training sessions.

TJ says he's fortunate to be part of a great group at AgSafe. His hope is to continue to grow and do his part in empowering workers and employers in agriculture.

Parminder Rai is a registered clinical counsellor. Parminder has been providing services to immigrants, families, individuals, children, and seniors since 1993. I have been working as a clinical counsellor since 2015.

Registration

There are two ways to register:

1. Complete the attached registration form and scan/email to office@bccoga.ca
2. On-line at www.bccoga.ca and click on the registration link.

There is no charge for this workshop however you must register to receive the link to the presentation.

Registration closes at Noon, Wednesday, February 14th, 2024.

We look forward to seeing you there!



Della Oberhoffner, General Manager
BC Council of Marketing Boards/COGA

