



## 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**

**Monday, February 26<sup>th</sup>, 2024**

**7:00 p.m. – 8:30 p.m. via Zoom**

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

***Presented by***

**Braulio Mariscal, Dipl.OHS**  
**AgSafe Agriculture Association**  
**and**

**Trini Vergara, BA, MA, 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

**Braulio Mariscal** is an AgSafe safety advisor in the Lower Mainland since 2018, when he graduated from the BCIT Occupational Health and Safety Diploma. He worked four years for the Mexican Consulate in Vancouver as liaison officer in the Seasonal Agriculture Workers Program. He comes from Mexico (speaks Spanish of course) where he obtained a degree in International Studies and lives in BC since 2008.

**Trini Vergara** is originally from South America (Chile) and is a Registered Clinical Counsellor doing online therapy. She understands sometimes it can be hard to prioritize one's mental and emotional health, because it feels like you don't have enough time or energy, or because you are unsure about whether therapy can help. Many times, we think that going through life alone makes us tougher or stronger, but asking for support is a courageous act!

She thinks of therapy as a safe and non-judgemental space in which you can talk about anything. Also, she believes it should be a collaborative process, in which we can agree on a plan to work towards your goals. If you are hesitant about starting a therapy process you are not alone. I would love to support you in your journey!"

## Registration

There are two ways to register:

1. Complete the attached registration form and scan/email to [office@bccoga.ca](mailto:office@bccoga.ca)
2. On-line at [www.bccoga.ca](http://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, Friday, February 23rd, 2024.***

We look forward to seeing you there!



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

