

The Centre for Organizational Health at Homewood presents

2008 Stephen E. Lett Lecture Series



Donna Lero, PhD

Donna Lero is the Jarislowsky Chair in Families and Work, and an Associate Professor at the University of Guelph where she leads a program of research on public policies, workplace practices and community supports at the Centre for Families, Work and Well-Being. Recent research includes a systematic review of the literature on work and elder care and an ongoing study on facilitating an effective return to work following stress leave. She has authored or co-authored over 20 major reports and book chapters including the influential *Work/Life Compendium: 150 Canadian Statistics on Work, Family and Well-Being*, and the *Handbook of Work-Family Integration: Research, Theory, and Best Practices*.

Dr. Lero provides consultation and support through her role on task forces and advisory committees at the federal and provincial levels, and is well known as a speaker at national and international conferences.

Work-Life Balance and Mental Health — A Research and Practice Update

a free public lecture by Dr. Donna Lero

The interface between work and family is an area of increasing research, in terms of understanding stress, job burn-out, self-esteem, gender roles, parenting behaviors, and how each facet affects the others. The research in this area has been widely scattered in journals in psychology, family studies, business, sociology, health, and economics. It is difficult for experts in the field to keep up with everything they need to know, with the information so dispersed. Donna Lero, researcher and educator, integrates and explores the latest findings and insights of this expanding, complex, and essential area of study and suggests how they can be applied in your workplace to support the mental health of employees.

The Stephen E. Lett Lecture Series brings together leaders in the academic, clinical, and business fields to discuss the links between social change and human health.

Thursday, September 4, 2008

Lunch 11:30 a.m. (Provided by Homewood)

Presentation 12 noon to 1:00 p.m.

Homewood Lecture Theatre,

150 Delhi Street, Guelph

Please RSVP by Monday, September 1, 2008

(519) 824-1010, ext. 2441

This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons Canada. Twenty-five percent of the time for these rounds will be devoted to interactive learning.

Educational Objectives

- (1) learn about recent developments in research into work-life balance and mental health
- (2) learn how these developments can be of benefit to your workplace



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