

April 2026

# Applaud

People in Public Service



**Land  
Acknowledgement**

Artwork by Jared Tait, Titled "Singing For Our Homelands"

# Housekeeping Notes



**Free** membership,  
**exclusive** to public  
service workers at  
any age or stage.



**Your journey deserves recognition,  
and we're here to celebrate  
every step along the way.**

ers

ormative for retirees,  
knowledgeable, enjoyed the  
and drink was excellent. A  
event, Thank You!»

Applaud's International Women's Day

«It was the first time I got to attend an event  
like this and absolutely loved it! I learned a  
lot, thank you so much for pulling it  
together.»

Ontario Municipality

«Applaud has given me a platform to  
connect with others in my field and feel  
valued for my work.»

Community Matters

«This workshop was definitely worth the  
drive! The topics were interesting, and the  
speakers were engaging!»

About Applaud

«Thank you! I am happy to see that  
Applaud is looking for new ways to  
add value and interesting useful  
content for its members.»

JOIN OVER

**38,429**

Public Service Members

About Applaud

«As a retired member of the OPS, it is  
a pleasure to see such a vibrant  
organisation support and applaud  
public servants. Most appreciated!»

General Webinars

«Thank you for providing these services to us!  
Very much appreciated!»

General Webinars

«Really loved this – a safe space to learn and  
understand. Wish I had access to this prior to  
go online!! Will definitely use the info I  
learned moving forward. Thank you.»

General Webinars

«The webinar was excellent. There was so  
much good information!»

ime well spent. Glad I saw  
e and decided to participate»



# Our Exclusive Benefits

Learn | Connect | Recognize | Rewards

# Learn

Year-round, FREE access to education and resources in a variety of areas and domains of wellness, designed especially for our members and networks.

Finance

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Mental Wellbeing

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Career-Support

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Health & Nutrition

Leadership

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Technology

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Travel

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And More ...





# Virtual / Online Programming

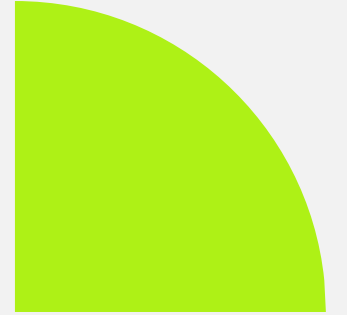
## We offer:

### Virtual Workshops and Webinars

Covering topics related to finance, nutrition, health/wellness, mental health and wellbeing, career support, technology education, skill-building, and more!

### Interest-Based Clubs

Join our monthly Book Club, and our Travel Club! Join the conversation with our online book and travel discussion forums as well, available in our online member portal!



# In-Person Programs & Events

## We offer:

### For Early and Mid-Career Members

**New programming is in expanding to support your goals, from career growth and professional development to maintaining work-life balance and wellness.**

### For Retirees and Those Preparing for Retirement

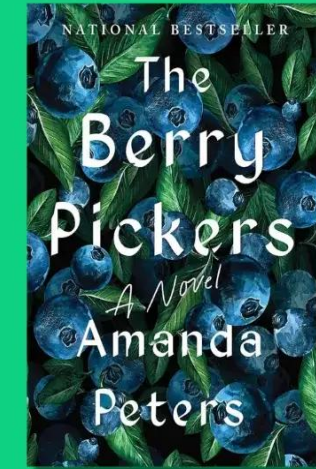
In-person events offer opportunities to network, connect, and explore topics like financial security, health, and community engagement.

# EXPLORE OUR CLUBS AND COMMUNITIES



## Travel Club Tuesdays

Time to plan your fall trips. Join Jeremy as he highlights a few local and not-so-local destinations you may or may not have thought of. Do you like to travel? Do you enjoy receiving insider tips and suggestions on new places to visit? If so, have we got news for you!



## Book Club

Discover new books, engage in thought-provoking conversation and connect with your fellow public service workers!

A page of optional discussion questions will be sent out before each meeting, to get your thoughts flowing.



# DISCOVER OUR UPCOMING WEBINARS AND WORKSHOPS

## “PSPP Pre-retirement 2026” *with Ontario Pension Board*

Date: April 8<sup>th</sup> 2026  
Time: 12:00pm

## “Spring Cleaning for the Human Mind” *with Wendy Lund*

Date: April 9<sup>th</sup> 2026  
Time: 12:00pm

## “Mindshift & Movement” *Presented by Pause + Expand & Josephine Racioppo*

Date: May 13<sup>th</sup> 2026  
**RECURS MONTHLY**  
Time: 12:00pm

## “Applaud Member Benefits 101 – Learn about our new Partner Venngo” *with Applaud – People In Public Service*

Date: April 23<sup>rd</sup> 2026  
**PART OF A SERIES**  
Time: 12:00pm

## “Applaud’s Travel Club Tuesdays” *With Jeremy Bertrand, Applaud’s Travel Club Host*

Date: April 21<sup>st</sup> 2026  
**RECURS MONTHLY**  
Time: 12:00pm

## “Applaud’s Book Club” *With Applaud’s Book Club Facilitators*

Date: May 20<sup>th</sup>-21<sup>st</sup> 2026  
**PART OF A SERIES**  
Time: 12:00pm



Sessions available to Join Live in Zoom or View Later in our Digital Archive

# JOIN OUR IN-PERSON EVENTS



## International Women's Day

A unique chance to connect, learn, and explore real-life strategies that empower women to take action, professionally and personally.



## 9 TO THRIVE

Plan now to *thrive* in retirement! Take a day for yourself and start building a happy, secure future.

Join us for this free one-day event, sponsored by Tradex, featuring workshops, presentations, and resources on financial planning, active living, travel, health, and more. Learn everything you need to make the most of your retirement years.



## COMMUNITY MATTERS

Join our engaging event series for Applaud's vibrant seniors as we cities across Ontario for a free day of food, fun, and activities.

Enjoy interactive sessions on health, nutrition, finances, community building, and volunteer opportunities. Reconnect with colleagues, meet new friends, swap books, explore vendors, and connect with our workshop facilitators.

# Meet Our Facilitators & Contributors

*Thank you to those who make our programming possible*



Ontario Securities Commission

WELLTH MANAGEMENT

Wellth Management



Veev Health



Intuitive Movements and Breath



Nadine Valk Coaching



Pause & Expand

Sutherland  
&  
ASSOCIATES  
SHARP MINDS. SMART SOLUTIONS.

Sutherland & Associates



Ontario Pension Board



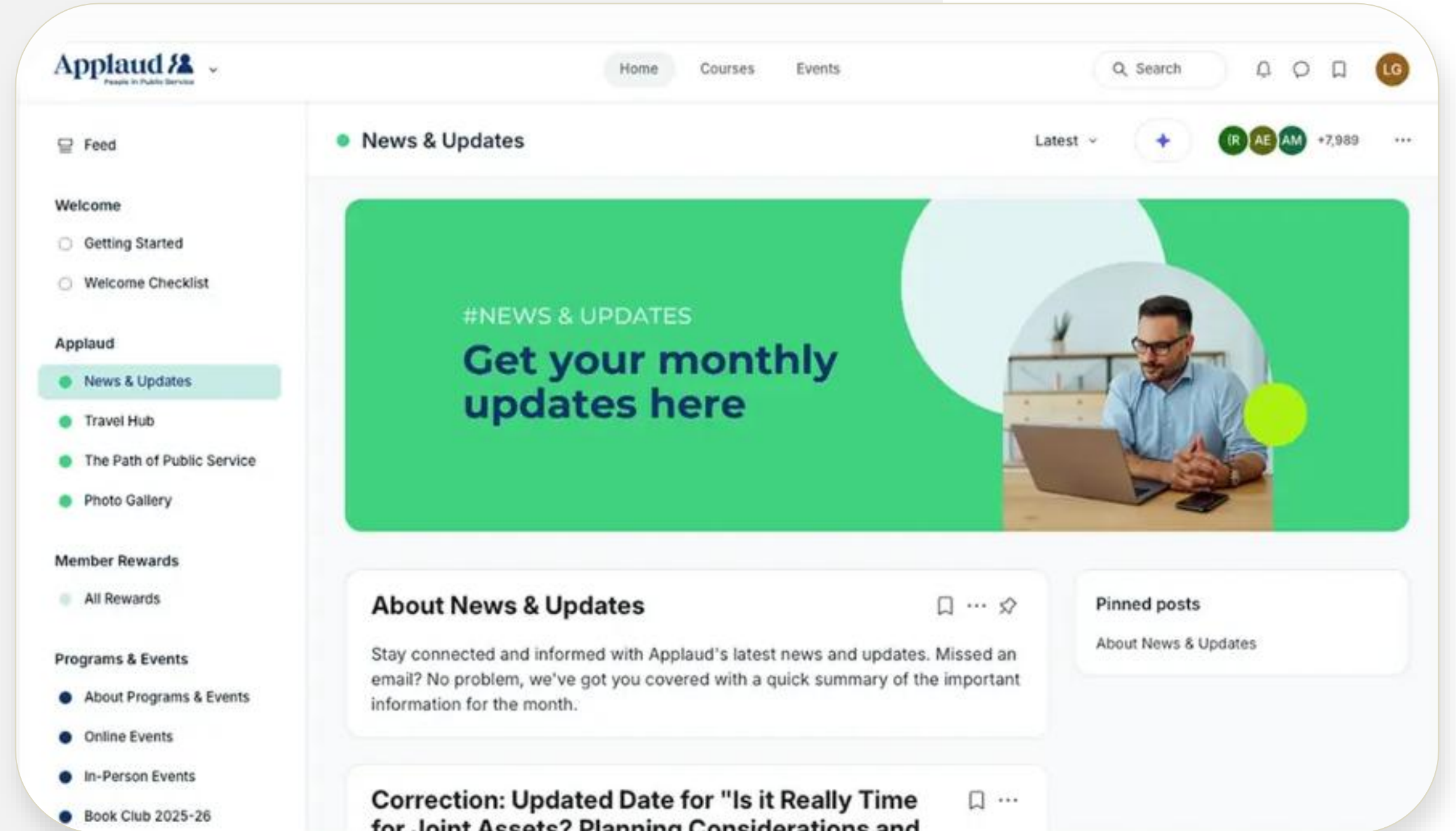
# CONNECT

## Community & Belonging

Applaud members have access to our online member portal to engage with programs, clubs, events, networking and educational resources.

# Connect in Our Online Community

A platform to connect with your peers, register for exclusive events, and access resources, including webinar recordings, handouts, and more.



# RECORDINGS, RESOURCES AND HANDOUTS!

*Recordings of our webinars can be viewed at any time on our member portal*

The screenshot shows a user interface for a member portal. At the top, there is a navigation bar with the title 'Recordings, Resources, and Handouts', a 'Latest' dropdown menu, a search icon, and three circular filters labeled '(R)', '(AE)', and '(AM)' with a '+8,469' count. A green 'New post' button and a three-dot menu are also present. Below the navigation bar, there are three category dropdowns: 'Financial Planning', 'Career & Life Learn...', and 'Connecting Matters', followed by a plus sign. The main content area features a large blue banner with a green circle on the right. The banner contains the text '#EVENTS ARCHIVE' and 'Access past events and resources' in green. An arrow points to the category dropdowns with the text 'Check out the events categories above.' The background of the banner shows a woman in a white shirt sitting at a desk with a laptop, participating in a video conference. Below the banner, the title 'Recordings, Resources, and Handouts' is displayed in bold. To the right of the title are icons for 'Share', a three-dot menu, and a star. The main text below the title reads: 'Missed an event? Access recordings, slides, and resources from events here. You can also access this by checking the Past section under [Online Events](#) or [In-Person Events](#) spaces or the [Events](#) tab.' At the bottom left, there is a 'See more' link. At the bottom right, there is a blue button with a speech bubble icon and the text 'Need help?'.

● Recordings, Resources, and Handouts Latest (R) (AE) (AM) +8,469 **New post** ...

Financial Planning Career & Life Learn... Connecting Matters +

*Check out the events categories above.*

#EVENTS ARCHIVE  
**Access past events and resources**

**Recordings, Resources, and Handouts** Share ...

Missed an event? Access recordings, slides, and resources from events here. You can also access this by checking the Past section under [Online Events](#) or [In-Person Events](#) spaces or the [Events](#) tab.

[See more](#)

# OTHER CONTENT

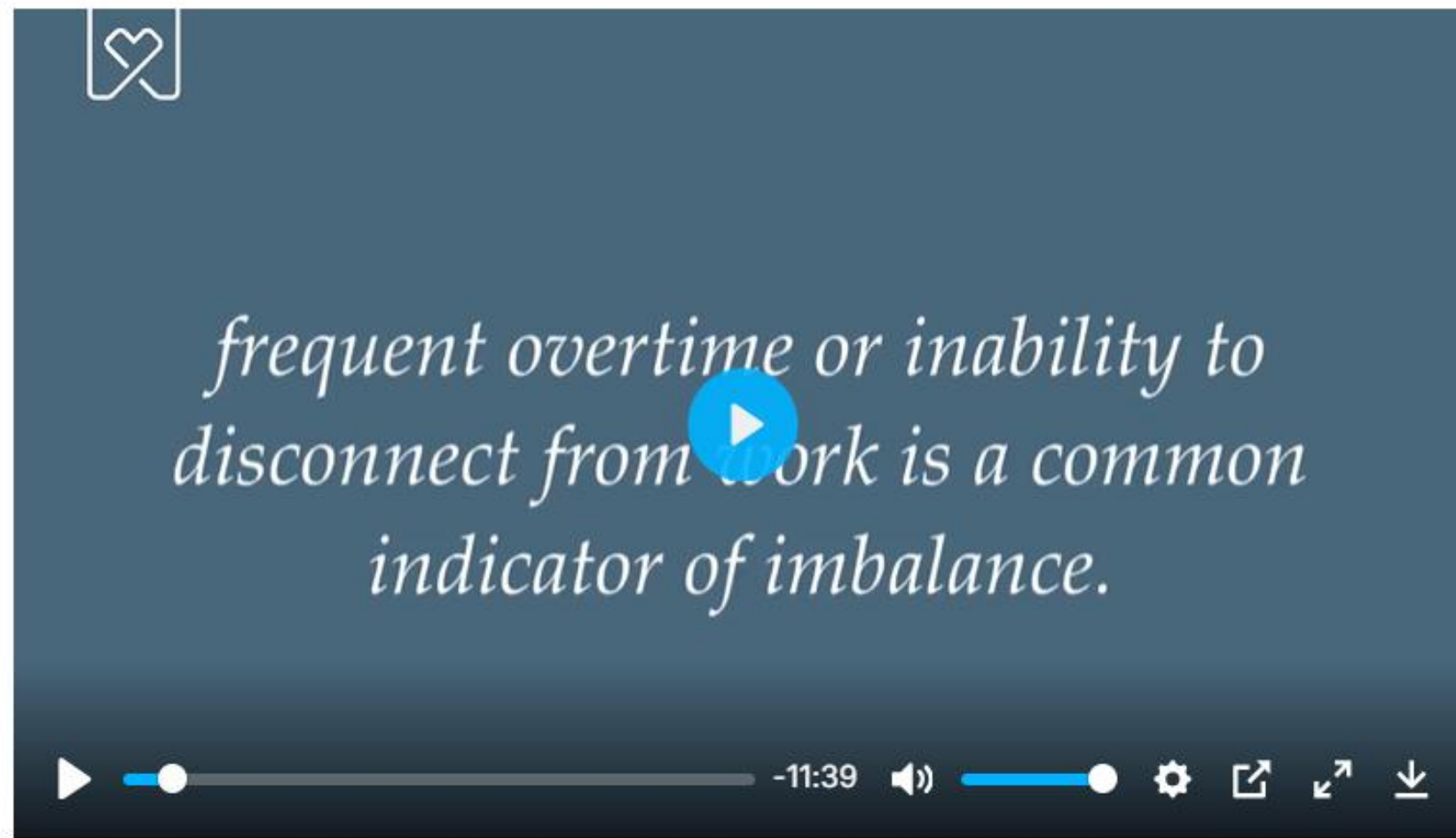
Blog content and courses focusing on support for resilience in the workplace and beyond.

## Making Shi(f)t Happen


Share ...

 Applaud - People in Public Service Admin Aug 7  
Official Admin Account for Applaud

Written by: Wendy Lund, Wellth Management





Having been a professor for 32 years, I still get that 'back to school' feeling in my gut and in the changing pace that fall brings internally for me. I call it the September Scramble.



**Interactive Webinar Series**


**RECLAIM YOUR AUTHENTIC VOICE AND TRANSFORM HOW YOU EXPRESS YOURSELF IN YOUR WORK AND BEYOND.**

Applaud 



**Interactive Webinar Series**

**RELEASE LIMITING BELIEFS, CLARIFY YOUR NEEDS AND BOUNDARIES, AND DEVELOP FIRM COMMUNICATION**

Applaud 

# RECOGNIZE

## Celebration & Appreciation

Applaud honours the invaluable contributions of public service and public safety personnel by ensuring their impact is seen, valued, and celebrated.

INNOVATION – DEDICATION – ENGAGEMENT – ACHIEVEMENT – LASTING IMPACT

# The Path of Public Service

The Path of Public Service is a collection of stories showcasing the lives of individuals involved in public service.



## Podcast

Delve into the captivating world of public service through our thought-provoking podcast episodes. Hear their voices, insights, and the passion that drives them to serve.



## Articles

Discover the incredible individuals who form the backbone of our public service. Through engaging profiles, we shed light on their personal journeys, challenges, and triumphs.



## Panels

Explore our webinars to hear firsthand from public servants as they share their experiences, challenges, and the impact of their work on our communities.

# Employee Recognition Program

<https://applaudpublicservice.ca/employers/>



A woman with short grey hair and glasses is smiling while looking at a tablet computer. She is sitting at a table in what appears to be a cafe or office setting. The background is slightly blurred, showing a computer monitor and some office equipment. The entire image has a blue tint.

# REWARDS

## Offers & Discounts

As an Applaud member, you'll have exclusive access through our online member portal, to access discounts and participate in events.

# UNLOCK YOUR DISCOUNTS

**belairdirect.**  
car and home insurance

**Tradex**<sup>ca</sup>  
mutual funds for the public service  
fonds mutuels pour fonctionnaires

**TELUS**  
Exclusive Partner Program

**CMC** | Canadian Management Centre®

I R I S

**HearingLife**

**DR-HO'S**

**Expedia**

**G Adventures**

**merit travel**  
...for the experience

Senior **Discovery** Tours  
50<sup>th</sup> LEADING TRAVEL SINCE 1973

**PARK'N FLY**

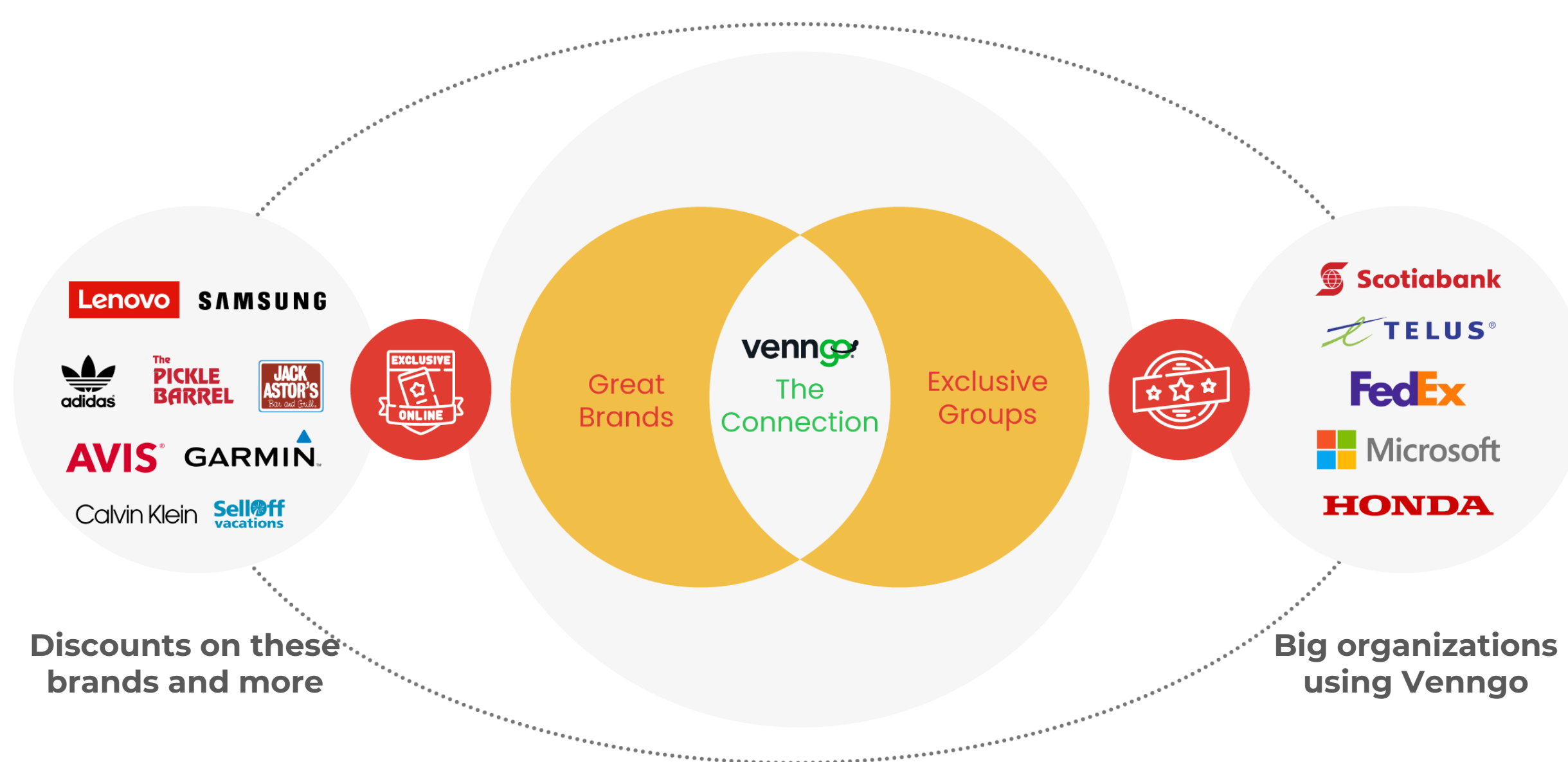
**KitchenAid**®

**SoftMoc**™

# venngo memberperks

**An employee benefit with thousands of discounts in-store and online.**

Discounts at over 12,000 locations. Exclusive offers at the brand name stores and local shops where your employees already love to shop, eat and play.



# Celebrating Your Impact. Rewarding Your Dedication.

Are you a public service worker in Ontario?  
Your contributions matter, and we're here  
to recognize them.

[➤ Join Now for Free](#)

[Why Join?](#)

## Upcoming Events



Community Matters 2025

## Recent News



Understanding Your Child's



# EXCLUSIVE CONTEST FOR OMAA MEMBERS

Scan the QR Code and become a member for a **chance to win one of four \$50 Gift Cards.**



amazon



Uber



WINNERS



Walmart

Don't miss out,  
**Join Today!**

[www.applaudpublicservice.ca/omaa-contest](http://www.applaudpublicservice.ca/omaa-contest)

# Special Presentation

Applaud offers a monthly, mid-week reset designed to help you pause and recalibrate, so you can move through the rest of the month with clarity.

*Mindshift + Movement*

# UPCOMING Programming Highlight

Webinar

## Mindshift & Movement



**Guided meditation and sound bath experience + desk friendly yoga.**

*Monthly on Wednesdays at 12:00 PM.*

# Presenters:



## ***Pause + Expand***

Steve Fernandez and Jennifer Spencer



# Thank You!

**for your time, and for your public service**

**@applaudpublicservice | [www.applaudpublicservice.ca](http://www.applaudpublicservice.ca) | 1-800-561-8657**

**Applaud** ™  
People in Public Service