



Education Opportunities

Agency Presentation

This presentation is an informative session on the supports and services our organization has to offer to the community. The presentation is given to not-for-profit and for-profit organizations who want to learn more about who we are, what we do and how we service the community. There is a brief Q&A at the end of every session to answer questions from participants.

Cost: **no fee**

30 minutes

Language: **English and French**

Outreach and Information Booth

The Outreach and Information Booth is customized to your event's needs. A booth is a great opportunity for your audience to learn about mental health and to learn how they can get connected to community resources. CMHA-S/M can provide various resources to meet the education and interactive needs of your audience.

Cost: **no fee**

Language: **English and French**

Mental Health First Aid (Certificate Course)

Mental Health First Aid will provide individuals with the skills to help someone who may be developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

Cost: **\$165 per person**

Participants: **8 - 25**

Two 8-hour sessions or four 3-hour sessions

Language: **English**

Applied Suicide Intervention Training (ASIST) (Certificate Course)

Applied Suicide Intervention Training (ASIST) is an award-winning two-day interactive workshop that prepares caregivers to provide life-assisting suicide first-aid intervention using the Pathway for Assisting Life (PAL) model. ASIST provides a unique, life-assisting intervention model to help caregivers support persons at risk. It also helps caregivers contribute to the development of suicide-safer resources in their communities.

Cost: **\$165 per person**

Participants: **15-25**

Two consecutive days (16 hours)

Language: **English**

Living Life to the Full

Can you deal with what life throws at you? Living Life to the Full offers you enjoyable and interactive courses that will help you understand your feelings, thoughts and behaviors, and what to do about them! In 8 fun, friendly 90-minute sessions, Living Life to the Full helps people make a difference in their lives.

Cost: **\$165 per person**

Participants: **15**

Eight 90 minute sessions or four 3 hours sessions

Language: **English**

safeTALK (Certificate Course)

Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. The safeTALK training prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.

Cost: **\$25 per person**

Participants: **8-30**

3 hours

Language: **English**

suicideTALK

suicideTALK is a 1-2 hour suicide awareness session, available face-to-face or online. An excellent first step toward suicide prevention, it helps participants explore the issue of suicide, attitudes towards it, and how they can find ways to prevent it in their communities. This course helps to create a climate for open and direct talk about suicide, reduces stigma, and supports life protection, preservation, and promotion activities

Cost: **no fee**

Participants: **unlimited**

90 minutes

Language: **English**

Mental Health Works (Certificate Course)

With more organizations recognizing the value of mentally healthy workers, CMHA has created an evidence-based, solutions focused program that "Works" for workplaces. Presentations range from one-hour information sessions to full-day interactive sessions.

MHW Core

Mental Health Works (MHW) Core is made up of four custom selected modules, touching on awareness building, responding skills, and collaborative change. MHW Core is perfect for an organization of any size to start or continue becoming mentally healthy. Participants will learn practical skills to help address mental health problems at work. This workshop is highly interactive, with activities and discussion throughout.

Cost: **Please contact**

Participants: **Up to 20 people**

6 hours

MHW In Focus

Choose from:

- Depression & Anxiety
- Workplace Mental Health & Safety
- Mental Health and Substance Use
- Stress Management for Staff

Cost: **Please contact**

Participants: **Up to 40**

3 hours

MHW Essentials

Choose from:

- Mental Health at Work
- Mood & Depression
- Stress and Anxiety
- Mental Health and Safety

Cost: **Please contact**

Participants: **Up to 40**

1 hour

Language: **English**

Psychological Health and Safety Consulting

In January 2013, Canada's Standard for Psychological Health and Safety in the Workplace was released, as championed by the Mental Health Commission of Canada. It is considered best workplace practice to incorporate the standard in our workplaces. CMHA-S/M has one local advisor available to help support your workplace. The consultation provides an in-depth analysis of workplace trends such as turnover rates, leaves and time off, interviews with employers and employees, assessment of organizational culture, policies and current psychological health and safety practices. A detailed report and recommendations are provided to employers upon completion of the consultation. Contact us for more information.

Tailored Presentations

By request, CMHA-S/M can deliver presentations designed to meet the education needs of the audience. These topics can include preventative mental health strategies, awareness of various mental health problems and treatments and resources available in various communities.

For information on upcoming education opportunities with CMHA-S/M, please see the Events Calendar on our website at sm.cmha.ca/events.

To request a workshop, booth or presentation, please contact:

Kayla Belanger, Health Promotion Coordinator, kbelanger@cmha-sm.on.ca (705) 675-7252 ext. 236.

Discounted rates are available to government agencies, students and seniors.