



## Mental Health Education & Promotion

The Education program works to promote mental health and wellness through engaging, interactive learning sessions presented to youth and adult audiences. Three distinct learning sessions on the topics of *Stress Management*, *Mental Health* and *Suicide Prevention* are delivered by qualified educators using evidence based knowledge and top quality teaching practices.

### Booking:

Educational sessions are free to schools as part of the Sole Focus Project. Sessions to other groups are provided on a fee-for-service basis. Pricing is \$200/hr. *Not for profit agencies and groups, ask about a discounted rate.*

To book a session or to inquire for more information please contact: [mhp@cmha-wecb.on.ca](mailto:mhp@cmha-wecb.on.ca)

*Due to strong demand, sessions must be booked six to eight weeks in advance.*



Take A Stand For Mental Health

Workshops can be adjusted in length and/or combined with others in order to tailor them to your specific needs. If what you are looking for is not on this list, let us customize a workshop to meet your needs (advance notice required).



Ask us about training for your front line staff, senior and middle managers and supervisors regarding conflict resolution, organizational leadership and managing mental health issues in the workplace. We have a Mental Health Works (MHW) Trainer – to learn more, visit

[www.mentalhealthworks.ca](http://www.mentalhealthworks.ca) or contact Karen Gignac directly at 519-255-9940 ext. 236.

*(Pricing for MHW set by CMHA Ontario, but there may be some flexibility)*

## Lunch & Learn

Lunch and Learns are a convenient way to provide education and training to create psychologically safe workplaces, equip managers and supervisors with the tools and skills to address important workplace concerns, and provide resources for all employees to take care of their mental health.

## Displays: Educating & Informing Our Community about Mental Health

Our displays and presentations are designed to educate and inform the public about mental health and mental illness. Canadian Mental Health Association Windsor Essex will come to your school, place of worship, workplace, or agency free of cost.

## Suicide Prevention – Certificate Training



(All trainings can be provided in English or French)



**PURPOSE:** For participants (15yrs or older) to become more aware of suicide prevention opportunities in their community.  
**DURATION:** 1.5 hours **COST:** Free



**PURPOSE:** safeTALK helps participants (15yrs or older) become alert to suicide. Participants will learn to notice and respond to situations where suicide thoughts may be present.

**DURATION:** 3 hours–4 hours (half a day)  
**COST:** \$45.00 Taxes included in registration cost. \$25.00 Student Rate



**PURPOSE:** Applied Suicide Intervention Skills Training (ASIST) ASIST is a two-day interactive workshop in suicide first-aid training for anyone 16 or older.  
**COST:** \$200 for professionals, \$150 for students.  
**DURATION:** Two days (15 hours)



**PURPOSE:** ASIST 11 TuneUp is a refresher training for improving participant comfort, confidence, and competence in using the Pathway for Assisting Life. The purpose of the TuneUp is the consolidation and refinement of previous learning. *Only for participants who attended ASIST 11.*

**PARTICIPANTS:** have taken the full 2-day ASIST II training within the last 2 years.  
**COST:** \$75.00  
**DURATION:** half-day refresher training



**PURPOSE:** Strengthen hope by aiding recovery and growth in persons with previous suicide experiences who are currently safe.

**POSITIONING:** Provide a sequel to suicide first-aid training that complements and enhances management, treatment and therapy by framing them within a recovery and growth perspective.

**PARTICIPANTS:** Case Managers, Community Support workers, addictions counsellors, clinicians, & any other helping professional.  
**COST:** \$225.00 Taxes included in registration cost. Refreshments & lunch are included.  
**DURATION:** full day workshop

## 2018 Workshop Descriptions

*CMHAWECB agency overview & services - free presentation to anyone in community*

### Maximizing our Mental Health:

Great for introducing the topic of mental health to any audience. This workshop looks at factors that influence mental health and well-being, and offers strategies to create and maintain a healthy balance (30min-1hr).

### Top Ten Tips for Mental Health

Great for introducing the topic of mental health to any audience. This workshop looks at factors that influence mental health and well-being, and offers strategies to create and maintain a healthy balance (45 min – 1 hr).

### Mental Illness Awareness: Breaking the Silence

One in five Canadians will experience a mental illness at some point in their lives. Understand the signs and symptoms of common mental illnesses so that there is a general recognition of the early warning signs of mental health problems & how to get help (75min.-3hrs).

### Positive YOU – Building Resiliency

Learn to focus on strengths, success and skills to feel better. Difficult situations can't always be avoided but we can develop the skills and tools we need to navigate through the ups and downs of life. Learn the protective factors that help instill resilience so you can thrive in your environment, even in the midst of trying times (1-1.5hours).

### Stress Essentials

Stress can have a detrimental effect on the health and wellbeing of employees, as well as a negative impact on productivity. Learn to recognize signs and symptoms of stress as well as simple but effective tools and strategies to manage stress.

### Worried Sick: Understanding Anxiety

Anxiety is a normal response to experiences in our life but when it begins to interfere with our day, it may herald significant – and treatable – mental health concerns. We will discuss signs, symptoms and treatment options as well as community resources available.

### Rainy Days & Mondays: Understanding Mood and Anxiety Disorders

Depression and anxiety disorders respond very well to treatment, yet only about 1/3 of those who need help, seek treatment. This workshop provides insight into the spectrum of mood disorders such as depression, bipolar disorder as well as common anxiety disorders. We will discuss signs, symptoms and treatment options as well as community resources available (1.5 – 2 hrs).

### Strategies for Families & Caregivers

The impact on families and caregivers when supporting an older adult or someone managing any chronic health condition can be difficult. Learn strategies to help manage your own needs through self-care, resources and understanding basic mental Health signs and Symptoms (1-1.5hrs).



## Training & Workshops to Improve Workplace Mental Health

*When issues that can impact mental health in the workplace are identified and addressed early & appropriately, everyone benefits! Our education suite provides the workshops, courses and presentations your workplace needs to help your team learn more about mental health. Your staff will learn to improve their own wellness, manage stress and support others living with mental health concerns.*

### Awareness of Mental Health at Work

This presentation looks at mental health issues in a workplace context from a co-worker to co-worker perspective. The focus is on understanding what each of us can do to contribute to a psychologically healthy and safe workplace as well as support one another. Also discussed is what to do if a co-worker is struggling at work.

### Accentuating the Positive at Work

This workshop will engage participants to examine and discuss the factors that contribute to a positive work environment as well as some of the pitfalls. The focus of the workshop will be looking at those factors over which participants have some influence and control and examine strategies to create and/or enhance a healthy workplace. For a more interactive experience add 30 minutes to length of workshop (1.5hours).

### Understanding & responding to emotional distress

This workshop is available in varying lengths and depths and was developed to educate non mental health professionals, who as a part of their job, interact with individuals who may be experiencing and exhibiting signs of mental illnesses. This workshop dispels some of the more common misconceptions about mental illnesses as well as how to recognize signs of distress and practical ways to respond appropriately and effectively. This workshop can be tailored to understanding and responding to adolescents or adults (1-3hrs).

### How to Beat Workplace Stress: From Burnout to Balance

Work is considered to be a determinant of mental health. But some aspects of work can contribute to stress and have adverse effects on our health. This workshop will focus on identifying and coping with stress at work and how to create work/life balance. Tips for mental health, practical relaxation and breathing techniques will be discussed. Information will also be provided to participants regarding where to get practical help if struggling with mental health issues at work. For a more interactive experience, add 30 minutes to length of workshop (1.5 hours).

### From Compassion Fatigue to Compassion Satisfaction

This workshop explores what is meant by and the differences between Compassion Fatigue, Vicarious or Secondary Trauma and Burnout. Learn about individual as well as organizational factors and characteristics (such as organizational culture, role clarity, ambiguity, overload and conflict etc.) that can contribute to and/or alleviate workplace stress and CF. Participants will be provided with some practical strategies and resources for reducing and/or coping with Compassion Fatigue (1.5 to 3 hr. options).

### Safe @ Work: Management Responsibilities

Managers and supervisors have an increased responsibility to provide a psychologically safe work environment for employees (Bill 168). Canadian workplaces are experiencing a noticeable increase in the prevalence of violence and harassment. This workshop provides a guide to healthy, respectful communication under difficult circumstances and your role in building a healthy, respectful workplace (1 – 1.5hrs).

### Safe @ Work: Dealing with Challenging Behaviour

Changes to the Occupational Health and Safety Act (Bill 168) have made workplaces more aware of the prevalence of violence and harassment in the workplace and obligations to address it. This workshop focuses on prevention of violence and harassment through fostering a workplace culture of civility and respect. Healthy communication, having difficult conversations as well as recognizing signs of crisis development and deescalating techniques will be discussed (2hrs).

### Change Management – For Managers and Supervisors

How many times have you heard the phrase, “the only constant is change”? Well it’s true enough, especially when it comes to organizational change! Through discussion and practical exercises, this workshop addresses the needs of managers and supervisors to understand the stages of change, including how to recognize and manage their own feelings and attitudes about the changes occurring. Taking it a step further, we will discuss what to expect from those you supervise and how to successfully support them through the transition process. To include the topic of self-care for managers and supervisors, choose the longer version of this workshop (1.5 – 3 hours).

### Managing Change: Surviving and Thriving

Provides an overview on perspectives of the stages of change and its effect on employees. Also discussed are organizational and personal factors that hinder as well as assist people to cope. Finally, self-care practices will be discussed. This presentation uses humour to keep things on the lighter side. The 1 hr. version, allows more interaction, and allows time for participants to complete seated exercise followed by discussion (1-3hrs).

### Pre-Retirement Planning: Non-financial Aspects

Is your workforce aging? Do you have employees considering retirement in the near or even distant future? This workshop provides a fundamental overview of planning for a happy, healthy retirement including transition planning, boundary setting, goal-setting and understanding options (1.5hrs).

### The Business of Grief

This presentation provides an overview of the impact of the grieving process on the person who has experienced the death of a loved one, and the misconceptions that often accompany for those of us who do not understand their experience. Also discussed is the potential impact to the “bottom line” and how creating a compassionate workplace can mitigate this as well as increase the comfort level of all employees in supporting a grieving co-worker.

### Landing on Your Feet: Coping with the Stress of Impending Job Loss

This interactive workshop informs those facing layoff about the ‘emotional rollercoaster’ that can result leading up to and after a layoff. Much like the grieving process, there are stages of unemployment that many experience. The focus of this workshop is understanding and managing the stress that often accompanies unemployment (2hrs).



fseap has launched a new wellness partnership with the Canadian Mental Health Association. The only EAP provider in the marketplace offering this innovative wellness training platform. This wellness partnership offers variety of whole life wellness education seminars.

Just a glance at some of the education topics *(please inquire for a detailed list of seminars)*

### [Life and Work in the Age of Techno Stress: Tips for Troubleshooting Life 2.0](#)

This session raises awareness of the physical, mental, and emotional impact of electronic communication technology. Participants learn some practical approaches to effectively manage technology-related stressors.

### [Parenting: Toddler & You](#)

Parenting toddlers can feel like a constant stream of trial and error. Join us in this workshop to better understand the underlying concepts of toddler behaviour. We will provide different approaches and a helpful toolkit for addressing misbehavior.

### [Parenting: Teenager & You](#)

Teenagers: young adults getting ready to leave the nest. This workshop helps parents and guardians to understand the underlying concepts of teenage behaviour. A toolkit of skills and proven successful approaches are provided as a helpful resource for parents.

### [Parenting Through Separation & Divorce](#)

When parents separate, a family dynamic changes. This session explores what to expect over time and how to help children of different ages and development stages to learn to cope with this change. It focuses on communication, cooperation, and the importance of finding help in a social support network.

### [Mind Your Moments: Bringing Mindfulness into Everyday Life](#)

This session introduces concepts of mindfulness theory to reduce stress and promote personal well-being. Participants learn how to reduce “mental clutter”, stay focused, and be attentive in-the-moment.

### [Burnout: A Guide for Recognizing the Stages of Distress](#)

In this session, participants learn how to recognize the signs that everyday stress has escalated to critical distress. They also learn about burnout: what it is, what it looks like, who is at risk and what they can do about it.

## LIVING LIFE TO THE FULL

helping you to help yourself

### Living Life to the Full – 8 week course

**Living Life to the Full (LLTTF)** is based on the 5 Areas of Cognitive Behavioural Therapy (CBT) model, developed by Dr. Chris Williams.

**PURPOSE:** LLTTF will help you understand your feelings and what to do about them! Our trained facilitator uses small group activities to identify and work on improving feelings, moods, and behaviours.

**PARTICIPANTS:** The course is suitable for adults aged 19 years and over.

**COST:** \$50 for eight week course.

**DURATION:** 12-hour, eight-week course offered in a group format. Sessions are 1.5 hours & held once a week.

For more info. Please visit [www.lltff.ca](http://www.lltff.ca)

## Join the Show Your Sole Speakers Bureau

Help end the stigma and separate facts from stereotypes by becoming a speaker for CMHA-WECEB. If you are living with a mental illness, and are far enough along your recovery journey, or have a loved one living with a mental illness, why not join the Show Your Sole Speakers Bureau?



Take A Stand For Mental Health

### We are looking for individuals who want to:

Share their personal stories about living with mental illness or grief journey.

Create a shift in how society perceives mental illness and those affected by it.

Share messages of wellness, hope and recovery.

Please send an email to [mhp@cmha-weceb.on.ca](mailto:mhp@cmha-weceb.on.ca) if you are interested or contact us at 519-255-9940 ext. 234.