

MAIN OFFICE

1400 Windsor Ave.
Windsor, ON N8X 3L9

P 519-255-7440 ext. 234

mhp@cmha-wecb.on.ca
windsor-essex.cmha.ca

**TRANSITIONAL STABILITY
CRISIS & WELLNESS
CENTRE**

736 - 744 Ouellette Ave.,
Windsor, ON N9A 1C3

8am-8pm 7 days a week

Scan to access the
Request for Workshop/
Training form



**24 Hour
Crisis Support
519-973-4435**



@CMHAWECB

You are the story.



**Mental Health
Awareness,
Education,
Training &
Workplace
Outreach**

**SPECIALIZED
MENTAL HEALTH
EDUCATION &
WORKPLACE
OUTREACH**

SPECIALIZED MENTAL HEALTH AWARENESS & OUTREACH

CMHA-WECB offers training programs and workshops for professionals, employers, educational institutions, and the general public who work with or care for persons living with a mental illness. Programs are available in both English and French and facilitated by qualified, certified instructors.

We are always happy to discuss your training needs and adapt our training programs, scheduling and fees on an individual basis as needed.

CUSTOM WORKSHOPS

We can build a workshop that meets your needs.

DISPLAYS & RESOURCES

A variety of displays are available to educate and inform the community about mental health.

Please contact us for details and more information.



WORKSHOPS

Y MIND

The Y Mind program is an innovative, youth informed, early intervention program that helps teens and young adults manage stress and anxiety. This course offers tools and strategies from Acceptance Commitment Therapy (ACT) and mindfulness. Y Mind TEEN (ages 13-18) and Y Mind YOUTH (ages 18-30).

MENTAL HEALTH FIRST AID

- Full day, offered in-person or virtually
- Increase confidence to help someone experiencing a mental health crisis
- Identify professional and self-help resources for individuals with a mental health problem
- Increased mental wellness for yourself

LIVING LIFE TO THE FULL

- 12 hs, in-person/virtually (Over 4-8 weeks)
- Based on the 5 Areas of Cognitive Behavioural Therapy (CBT) model
- LLTTF will help you understand your feelings and what to do about them

BEREAVEMENT EDUCATION

- Coping with Death Loss
- Enhancing Emotional Wellness & Mindful Coping
- Parenting Through Grief: Understanding Developmental Stages & Strategies to Support Children & Teens

SUICIDE EDUCATION / LIVING WORKS EDUCATION

820

safeTALK

Helps participants aged 15 years and older to become alert to suicide. Participants will learn to notice and respond to situations where suicidal thoughts may be present. (3 hours)

LIVINGWORKS safeTALK TRAINING FOR TRAINERS

A two-day course that prepares attendees to facilitate safeTALK workshops.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

A 2-day interactive workshop in suicide first-aid training for anyone 16 years and older.

SUICIDE TO HOPE A SEQUEL TO ASIST

Strengthen hope by aiding recovery and growth in persons with previous suicide experiences who are currently safe. Suitable for Case Managers, Community Support Workers, Addictions Counsellors, and any other helping professional. (Full day)

AGRICULTURE/FARMING PRESENTATIONS

IN THE KNOW (4 HOURS)

Designed for farmers, their families, and those involved in and/or supporting the agriculture sector. This presentation is facilitated by a mental health professional using 'real-life' examples from the agriculture industry. It covers topics of stress, depression, anxiety, substance use, and how to start a conversation around mental well-being.

HEALTHY MIND, HEALTHY BODY

International agricultural worker-focused presentation on various topics. 45 min to 1 hour with interpretation services available.

HEALTHY MINDS 4 LIFE

5 week series open to community members, offered in-person/virtually. Topics include: understanding mental health, depression, and anxiety, caregiver stress, building resiliency and health coping strategies.

MENTAL HEALTH WORKS MHW ESSENTIALS (1 HOUR)

- Workplace Mental Health Essentials
- Mood & Depression Essentials
- Stress & Anxiety Essentials
- Psychological Health & Safety Essentials
- Post-traumatic Stress Disorder & Operational Stress Injury Essentials
- Substance Use & Addictions Essentials
- Traumatic Stress & Compassion Fatigue Essentials

MHW IN FOCUS (3 HOURS)

- Depression & Anxiety in Focus
- Workplace Mental Health & Safety in Focus
- Mental Health & Substance Use in Focus

WORKPLACE MENTAL HEALTH

WORKPLACE OUTREACH WORKER

Promoting psychological health and safety in workplaces through consultation, mental health education and onsite therapeutic support for employees.

Workshop Offerings:

- Understanding Empathic Strain, Vicarious Trauma & Burnout
- Understanding Grief
- Caring for the Caregiver
- Isolation & Loneliness
- Understanding Mental Health
- Positive YOU - Building Resiliency
- Managing Anxiety, Depression & Stress
- Introduction to Mindfulness
- Worried Sick - Understanding Worry & Anxiety
- Managing Change: Surviving & Thriving
- Dealing with Difficult Interactions
- Dealing with Difficult Conversations & Stress
- How to Beat Workplace Stress
- Maximizing Mental Health in the Workplace
- Accentuating the Positive at Work
- Awareness of Mental Health in the Workplace
- Work/Life Balance
- Managing Change