



MAIN OFFICE

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MENTAL HEALTH & ADDICTIONS URGENT CRISIS CENTRE

1030 Ouellette Ave.
Windsor, ON N9A 1H9

24 hrs / 7 days a week

Scan to access the Request for Workshop/ Training form



**24 Hour
Crisis Support
519-973-4435
or 9-8-8**



@CMHAWECB



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

Available to educate and inform the community about mental health.

Please contact us for details and more information.



You are the story.



WORKSHOPS

MENTAL HEALTH WORKS (MHW) 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

LIVING LIFE TO THE FULL

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

HEALTHY MINDS 4 LIFE

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

WORKSHOPS

- Caring for the Caregiver
- Dealing with Difficult Conversations & Stress
- Family Dynamics & Support
- Fostering Wellness & Emotional Regulation
- From Compassion Fatigue to Compassion Satisfaction
- Introduction to Mindfulness
- Isolation & Loneliness
- Managing Anxiety, Depression & Stress
- Managing Change: Surviving & Thriving
- Mental Health Response & Suicide Prevention
- Newcomer Mental Health
- Positive YOU - Building Resiliency
- Understanding Empathic Strain & Vicarious Trauma
- Understanding Grief
- Understanding Mental Health
- Work/Life Balance
- Unraveling Worry & Anxiety

WORKPLACE OUTREACH WORKER

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

Workshop Offerings:

- Accentuating the Positive at Work
- Awareness of Mental Health in the Workplace
- Building Resilient Businesses & Healthy Workplaces
- Case Management Best Practices
- Coping with Loss in the Workplace
- How to Beat Workplace Stress - Emotional Regulation & Burnout
- Leadership Training - Solutions for People Leaders
- Psychological Health & Safety
- Substance Use Awareness
- Trauma Informed Approach
- Understanding Mental Health & Addictions



SUICIDE PREVENTION & MENTAL HEALTH FIRST AID

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)

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

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

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



AGRICULTURAL/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.