



Canadian Mental  
Health Association  
Peel Dufferin  
Mental health for all

Association canadienne  
pour la santé mentale  
Peel Dufferin  
La santé mentale pour tous

# WELLNESS WORKS

TRAINING & WORKSHOPS TO IMPROVE WORKPLACE MENTAL HEALTH

**Mental health in the workplace affects us all, whether we are employers or employees.**

**When mental health issues are not addressed and treated appropriately, there can be considerable personal and financial costs to individuals and organizations.** Fortunately, with prevention, early treatment and support, many of these costs can be significantly reduced or eliminated.

Our Wellness Works 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.

And here's the good news - every \$1 businesses invest in mental health returns \$2.30 in improved productivity – a mentally healthy workplace is worth investing in.

## Know the numbers:



**1 in 3** workplace disability claims are related

to mental illness, and depression will be the second leading cause of disability by 2020



**1 in 5**

Canadians will experience a mental illness



**2 in 3**

people deal with mental health in silence fearing judgement

**Up to 70%** of young

adults living with mental health issues report that the symptoms started in childhood



Each week, more than **500,000**

Canadians will not go to work because of mental illness



Mental Health concerns and illnesses in Canada account for more than **\$6 Billion**

in lost productivity every year

# Understanding Mental Illness & Mental Health

## Mental Health 101

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Improve mental health awareness at your workplace, school, or agency. Mental Health 101 provides an understanding on various mental health issues, builds mental health awareness, and helps reduce the stigma associated with mental illness. Participants will learn strategies for maintaining their mental wellness and for providing compassionate support and understanding to colleagues, friends and family.

- **1 hour: \$395 / 3 hours: \$895**

## Mental Health First Aid

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This 2-day workshop discusses a variety of mental disorders. Explanations of mental health, mental illness and mental health problems are discussed. Signs and symptoms of common mental health problems and crisis situations, information about effective interventions and treatments, ways to access professional help, improve mental health literacy, while providing skills and knowledge to help individuals better manage potential or developing mental health problems in themselves, family members, and/or a friend or a colleague. This workshop is offered in English and French.

- **\$195 per person / Ask about group rates.**

## Technology and Your Mental Health

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In the 21st century technology is a regular part of our day-to-day lives; new apps, social media tools, blogging, internet communities, devices and much more. In this 1-hour workshop learn the risks technologies can have on your emotional, social and overall mental health. Breakdown the signs and symptoms to help better determine if/when your usage is affecting you in a negative way. Participants will learn a multitude of strategies to manage personal use, engage positively with technology as well as how to help others identify and better balance their own “tech time”.

- **1 hour: \$395**

## Keeping Mentally Healthy throughout Retirement

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This session offers a proactive approach to planning for Retirement, with a focus on keeping a mentally healthy perspective. Participants will learn how to navigate the emotional challenges of retirement by identifying fears and expectations, and by creating an active plan for an emotionally healthy retirement. This session is designed for individuals who are contemplating workplace retirement and their partners.

- **1 hour: \$395**

## Marijuana and Your Mental Health

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Many question the link between marijuana and our mental health. This 1-hour introductory presentation talks about the myths surrounding marijuana use, and its impact on our mental health. Participants gain a general understanding about the strains of marijuana, its effects on our body, as well as gain access to resources and treatments available.

- **1 hour: \$395**

## Mental Health Impacts on Newcomers

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Newcomers to Canada may face many challenges: being far away from family and friends, financial and employment challenges, learning a new language and adapting to a new culture. Through all of this, maintaining good mental health and managing stress is vital. This workshop will help you understand the barriers experienced by refugees and newcomers learn early warning signs of mental health problems and gain knowledge of common mental disorders. This workshop will also provide tips and tools to improve mental health as well as the resources available in your local communities.

- **1 hour: \$395 / 3 hour: \$895**

# Suicide Awareness

## Understanding Suicide

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This 1-hour session helps participants recognize the issue of suicide; learn how to have a conversation about suicide, and offers guidance on how they can help to reduce suicide in their communities.

- **1 hour \$395**

## ASIST • Applied Suicide Intervention Skills Training

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This 2-day workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid. ASIST is intensive, interactive and practice-dominated; designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.

- **\$195 per person / Ask about group rates**

## safeTALK

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This 3-hour session prepares anyone over the age of 15 to identify signs of suicide and offers suicide first aid resources. SafeTalk participants learn helpful communication skills to build trust and to offer opportunities to support individuals in crisis to stay safe.

- **\$75 per person / Ask about group rates**

## ASK • Assessing for Suicide in Kids

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This one-day workshop challenges commonly held notions about children’s capacity to consider suicide. It facilitates awareness of the signs that a young child may be at risk, and what is needed to help. Case studies provide opportunities to apply what is learned, a helper tool teaches how to organize and summarize the available information about a given child in a form that can be used by participants, in safety planning. Participants are typically helpers who routinely come into contact with children age 5-14. While not required, prior completion of safeTALK or ASIST is recommended.

- **\$135 per person / Ask about group rates**

## ASIST TuneUp (ASIST 11 Refresher)

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ASIST 11 TuneUp is a half-day seminar for improving participant comfort, confidence, and competence in using the Pathway for Assisting Life or PAL. The ASIST 11 TuneUp is the consolidation and refinement of previous learning. This workshop is only for participants who attended ASIST 11. Participants, who attended ASIST prior to June 2013, should register the 2-day ASIST 11 workshop.

- **\$75 per person / Ask about group rates**

## Strategies for Families & Caregivers

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The impact on families and caregivers when supporting someone managing Mental Health concerns can be difficult. Learn strategies to help manage your own needs through self-care, resources and understanding basic mental Health signs and symptoms.

- **1 hour: \$395 / 3 hours: \$895**

# Mental Wellness

## Compassion Fatigue

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This is a highly interactive workshop, incorporating a combination of individual, small group and whole group activities. Throughout the session, participants work through a personalized strategic plan that serves as a practical tool for dealing with the effects of their own compassion fatigue. Past participants have reported feeling inspired to make meaningful changes in their personal, professional and organizational lives in addition to learning practical strategies for identifying and dealing with the costs of caring.

- **Half-Day: \$895 / Full-Day: \$1,350**

## Positive YOU

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Many factors have an impact on how we view ourselves but with some key strategies, we can improve our way of thinking, our self-esteem and self-confidence. Learn to focus on strengths, success and skills to feel better about building resiliency.

- **1 hour: \$395**

## Strategies to Work Better & Live Happier

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58% of Canadians report “overload” associated with their many roles at work, at home with family and friends and in their community. Learn strategies to improve work productivity while balancing the needs of home life and family commitments. Gain practical skills and techniques to decrease stress and improve happiness.

- **1 hour: \$395**

## Stress Essentials

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Stress can have a detrimental effect on your health and wellbeing, 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, and take care of you.

- **1 hour: \$395**

## Strategies for Families & Caregivers

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- **1 hour: \$395**

## Mental Fitness

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Physical fitness gets plenty of attention, and for good reason. A healthy body can prevent conditions such as heart disease and diabetes, and help you maintain independence as you age. Mental fitness is just as important as physical fitness, and shouldn't be neglected. Including mental dexterity exercises into your daily routine can help you reap the benefits of a sharper mind and a healthier body for years to come. Participants will learn these strategies and many more.

- **1 hour: \$395**

# Mental Health in the Workplace

## Workplace Wellness

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Improve workplace mental health and learn strategies to reduce absenteeism and disability leave costs. This workshop provides education on the impact of mental health problems in the workplace and identifies factors within the workplace that affect mental health. Learn to identify and minimize employee stress, recognize the signs of bullying and develop strategies to improve wellbeing that address Canada's new Psychological Health and Safety Standard. This workshop can be tailored to Senior Management, Supervisors and Staff, covering topics such as:

1. Managing Change
  2. Conflict Resolution
  3. Talking about Gossip
- Each workshop is 1-hour @ \$395 each / Book all 3 for \$895

## Managing Conflict & Creative Problem Solving

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Change the way you see and respond to difficult situations and learn to handle difficult conversations with skill and confidence. Learn strategies to recognize mental health concerns, and address various behaviours (e.g. verbal aggression, negative talk, sense of entitlement, safety). Learn valuable skills and methods to change the dynamics, de-escalate, and support individuals and groups.

- 3 hours: \$895

## Psychological Health & Safety

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Mental Health issues have a powerful and an expanding impact in the workplace. This 4-part course provides your team with tools and strategies to implement and maintain a psychologically healthy and safe workplace based on Canada's Psychological Health & Safety Standard. Learn about practical approaches to engaging your workforce, assessing current workplace policies/programs and action to take in implementing programs and systems to sustain and improve workplace health. Each module is designed to address key elements of the Psychological Health & Safety Standard, taking participants through the cycle of implementation to maintain your PHS program. Modules include:

1. Getting Started - Engaging your workforce
  2. Assessing & Planning - Defining Metrics & Planning for change
  3. Implementing PHS
  4. Evaluating PHS to align with your Health & Safety programs
- Each module is offered in 3-hour components: \$595 each module / Book all 4 modules for \$1,995

## Mental Health & Accommodation in the Workplace

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This session will provide participants with an overview of mental health, employment legislation, and an employer's obligation to accommodate individuals. Participants will explore the roles of employees and managers in the accommodation process; and learn the actions to take in preparing for and managing accommodation requests while maintaining respectful employee relations.

- 1 hour: \$395 / 3 hours: \$895

## Speakers Bureau

The CMHA Peel Dufferin Speakers' Bureau consists of experienced volunteer public speakers who have lived experience, and are passionate about raising awareness and reducing stigma associated with mental illness. Our speakers offer hope, and educate others by sharing their personal stories and how they overcame barriers through a dynamic recovery process.

*Our Speakers Bureau objectives are:*

1. **Increase awareness** – 1 in 5 Canadians will experience mental illness
2. **Reduce the stigma** that creates fear and greatly hinders recovery
3. **Instill a sense of hope** for recovery and maintaining wellness
4. **Help individuals** feel less isolated, lonely and helpless
5. **Encourage people** to seek help
6. **Provide information** on community resources

To book a Speaker, connect with us at:  
[training-workshops@cmhapeel.ca](mailto:training-workshops@cmhapeel.ca)

## Event Displays

Perhaps you're a student, teacher, employer, or faith leader with an interest in mental health. Why not consider a display at your school, place of business, or place of worship?

Canadian Mental Health Association would be happy to assist you! Our trained volunteers will attend your event with information and resources available in your community. Simply email your display request to:  
[displayrequests@cmhapeel.ca](mailto:displayrequests@cmhapeel.ca)



*Canada's National Standard for Psychological Health and Safety is a voluntary set of guidelines, tools and resources focused on promoting employees' psychological health and preventing psychological harm due to workplace factors.*

*Our Psychological Health and Safety Advisors can help you improve psychological health and safety in your workplace or implement the Standard.*

For information, or to register, contact our Educator,  
**Tammy Whelen** in our Mental Health Literacy Department.

**P** 905.451.2123 x446

**E** [whelent@cmhapeel.ca](mailto:whelent@cmhapeel.ca)

For additional training opportunities and events  
please visit [www.cmhapedufferin.ca/events](http://www.cmhapedufferin.ca/events)



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