



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 suffer in silence fearing judgement

Up to **70%** of young

adults living with mental health problems 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 problems and illnesses in Canada account for more than **\$6 Billion** in lost productivity every year

# Understanding Mental Illness

## Mental Health 101

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 / Full Day \$1,350**

## Mental Health First-Aid

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.

→ **\$195 per person; Ask about group rates.**

## Mental Health First-Aid for Adults who Interact with Youth

MHFA Adults who Interact with Youth is a 2-day workshop intended for an adult audience whose primary focus is youth (aged 14-25). In addition to the four most common disorders discussed in MHFA BASIC, this course includes instruction about eating disorders and deliberate self-injury. Participants who take this course are well prepared to interact confidently about mental health with the young people in their lives, including at schools, extra-curricular activities, social services, family, friends, and communities.

→ **\$225 per person; Ask about group rates.**

## Marijuana and Your Mental Health

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 / 3 hours: \$895**



## Men: Let's Talk about Mental Health

This session is designed to offer participants insights into the facts and myths surrounding Mental Health issues in men. Participants will explore the signs and symptoms of common mental health conditions, and how our perceptions about mental health affect men's ability to seek help. Participants are introduced to positive coping strategies to maintain mental well-being and build accepting conversations about men's mental health.

→ **1 hour: \$395 / 3 hours: \$895**

## Talking about Mental Health for Teens

This session is designed to offer participants insights into the facts and fiction surrounding Mental Health issues in teens. Participants will explore the signs and symptoms of common mental health conditions, and how our perceptions about mental health affect a teenager's ability to seek help. Participants are introduced to positive coping strategies to maintain mental well-being.

→ **1 hour: \$395 / 3 hours: \$895**

# Improving Your Mental Wellness

## 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 participants understand the barriers experienced by newcomers and 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 hours: \$895**

## Mindfulness for Emotional Resilience & Well-Being

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This session offers participants insights and practices for adding mindfulness into their day-to-day life. Participants will explore the practices of mindfulness as a self-care tool that is easily accessible and can be practiced at any time. This session explores the topics of how the brain processes stress, what emotional regulation is, and how to develop resilience and self-care strategies, and is suitable for novice and experienced meditation participants who are interested in exploring and building a mindful practice.

➔ **1 hour: \$395 / 3 hours: \$895 / Full Day: \$1,350**

## Self Care for Volunteers

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Volunteers experience many rewarding opportunities to build positive engagement in their community. Along with the many rewards, a volunteer is often exposed to stressful situations that can have an impact on their mental well being. This session is designed to offer volunteers insights into signs of compassion fatigue, and burnout by offering practical tools to identify stress and improve balance in their life. Participants learn how to identify causes of stress, explore the signs and symptoms of compassion fatigue and burnout and learn how to build effective self care strategies to decrease the impact on their personal and professional lives.

➔ **1 hour: \$395 / 3 hours: \$895**

## Technology and Your Mental Health

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This workshop allows participants to learn the risks technology can have on your emotional, social, and overall mental well-being. Learn about the signs 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 / 3 hours: \$895**

## 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**

# Improving Your Mental Wellness

## Compassion Fatigue

This is a highly interactive 1-day or half day workshop, incorporating a combination of solo, small group and whole group activities. Throughout the day, participants work through a personalized action 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.

→ 1 hour: \$395 / 3 hours: \$895 / Full Day: \$1,350

## Food and Mood: How Diet can Affect your Mental Health

This session offers participants insights into the connection between nutrition and mental health with practical tools for adding healthy choices into our day-to-day life. Recent studies indicate a biological connection between what we eat and how it affects our mental and physical well-being. This session explores how food can affect our body's natural physical and mental responses to stress and lifestyle. Participants will also learn how to select foods that support wellbeing to ensure a healthy body and a healthy brain.

Participants will be introduced to current trends and how healthy habits can optimize personal and professional performance and well-being.

→ 1 hour: \$395 / 3 hours: \$895

## Strategies to Work Better and Live Happier

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 and balance the needs of home life and family commitments. Gain practical skills & techniques to decrease stress and improve happiness.

→ 1 hour: \$395

## Stress Essentials

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 and Caregivers

Learn strategies to help manage your own needs through self-care, establishing healthy boundaries, and other helpful resources. Participants will gain an understanding of basic mental health signs and symptoms, and how to help.

→ 1 hour: \$395

## Mental Fitness

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

## Positive YOU – Improving Attitude and Thinking

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 build resiliency.

→ 1 hour: \$395 / 3 hours: \$895

# Suicide Awareness

## Understanding Suicide

This 1-hour session helps participants explore the common myths and facts about suicide, recognize the signs of suicide ideation, and learn how to have a conversation of suicide. Learn how to have a conversation about suicide, and offers guidance on how they can help to prevent it in their communities.

→ 1 hour \$395

## ASIST 11

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

About 3-hours in duration, safeTALK training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first-aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

→ \$75 per person; Ask about group rates.

## Assessing for Suicide in Kids

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 someone, perhaps the participants themselves, 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 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.



# 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 and 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 session \$395 / All 3 for \$895**

## Psychological Health and 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 and 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 with a mental illness. 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**

## Managing Conflict and 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**

# Team Development

## Myers Briggs Type Indicator (MBTI) Workshop – 1 Hour

The success of any organization depends on the effectiveness of its people, especially in teams. In this condensed 1-hour workshop participants will begin to learn how their personality preferences lead to differences in their work, communication, decision-making styles—and how they can “flex” those preferences to accommodate the styles of other team members and enhance overall performance.

→ Ask about group rates

## Myers Briggs Type Indicator (MBTI) Workshop – Half Day

This half-day team building workshop utilizes MBTI to provide each team member with an appreciation of their own and others communication preferences. The workshop highlights how to effectively communicate with each type, enabling the team to work more effectively together.

- To determine your own preferred way of taking in information and making decisions
- To gain insights into how each team member prefers to communicate and make decisions
- To identify how your communication preferences may influence your overall team interactions at work and devise effective strategies to enhance your overall effectiveness in communicating as a team.

→ Ask about group rates

## Myers Briggs Type Indicator (MBTI) Workshop – Full Day

This full-day team building workshop utilizes MBTI to provide each team member with an appreciation of their own and others communication preferences. The workshop highlights how to effectively communicate with each type, enabling the team to work more effectively together.

### Workshop Outline:

- **Presentation and Discussion of MBTI Type:** with practical examples to help participants understand each communication preference and start to assess their own preferences.
- **Deciding your preferred Type:** This involves individual review & coaching, as well as reading of the ‘Introduction to Type’ booklet to assist in self-assessment. Each participant’s preference is then recorded onto flipchart to enable the whole team to see each person’s preference and start to gain some insights into the team’s overall communication preference.
- **Valuing differences:** Four interactive exercises and group discussions are now run to explore the communication preferences and differences to increase understanding. Participants are split into two teams for each exercise, according to their self-assessed preference, enabling them to confirm their assessment and observe the opposite preference with their colleagues. A review of each exercise is then conducted enabling key insights to be shared and learning to be applied to the working environment.

### Objectives:

- To determine your own preferred way of taking in information and making decisions.
- To gain insights into how each team member prefers to communicate and make decisions.
- To identify how your communication preferences may influence your overall team interactions at work and devise effective strategies to enhance your overall effectiveness in communicating as a team.

→ Ask about group rates

# Community Engagement

## 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)

Canadian Mental Health Association Peel Dufferin (CMHA Peel Dufferin) is the leading community mental health and addictions services provider in the region. We support youth, adults & their families in the communities of Brampton, Caledon, Mississauga, Dufferin County, Rexdale, North Etobicoke and West Woodbridge.

We offer a variety of mental health programs and services and are dedicated to helping people recover from mental illness, build resiliency and participate in the life of the community. We are committed to community development, mental health education and awareness, and addressing the stigma surrounding mental illness.

For information, or to register, contact our Education Lead, **Tammy Whelen** in our Mental Health Promotion Department.

**P** 289.748.3254 **C** 416.420.4619

**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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