



# COMMUNITY EDUCATION & TRAINING

MENTAL HEALTH PRESENTATIONS  
AND WORKSHOPS FOR EVERYONE



Canadian Mental  
Health Association  
York and South Simcoe



[cmha-yr.on.ca/get-support/corporate-training](https://cmha-yr.on.ca/get-support/corporate-training)

Increasing mental health awareness, enhancing wellness and reducing stigma starts with all of us.

CMHA York Region South Simcoe offers our community mental health education and training designed to give you, and those around you, the tools to promote, support and achieve enhanced mental health wellness in your home, in the community and in your workplace.

Whether you are looking to enhance your personal or professional toolkit, engage in a team building experience, lunch and learn, or professional development opportunity for your workplace or organization - we have a program for you.

workshops and courses >>



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# Understanding Mental Health & Mental Illness

## Mental Health First Aid (MHFA):

Essentials, Certification & Supporting Youth

Mental Health First Aid (MHFA) is an interactive training program that gives you the tools, confidence and resources to recognize and respond to a mental health concern or crisis. There are 3 versions to choose from: **Essentials (1-day)**, **Certification (2-days)**, **Supporting Youth (1-day)**.

Key learning outcomes:

- Increased awareness of signs and symptoms of the most common mental health problems
- Decreased stigma related to mental health
- Increased confidence interacting and communicating with individuals experiencing a mental health problem or crisis
- Increased help to individuals in crisis or experiencing a mental health problem

All 3 versions can be delivered in person or virtually.

Essentials and Supporting Youth: \$250 per person (minimum 12 people)

Certification: \$350 per person (minimum 12 people)



## Mental Health 101

Mental Health 101 provides an understanding of common mental health issues, builds mental health awareness and aims to reduce the stigma associated with mental illness. Participants will learn strategies for maintaining their own mental wellness, as well as for providing compassionate support and understanding to colleagues, friends and family.

1 hour (virtual or in-person): \$500

## Mental Health Basics

Mental Health Basics teaches us all how to respond to common mental health challenges. In this workshop, you will hear about real experiences relating to the impact of mental health and pathways to recovery. You will also learn first responder skills, how and when to apply, along with what resources and supports are available in the community.

7 hours (virtual or in-person): \$2,500

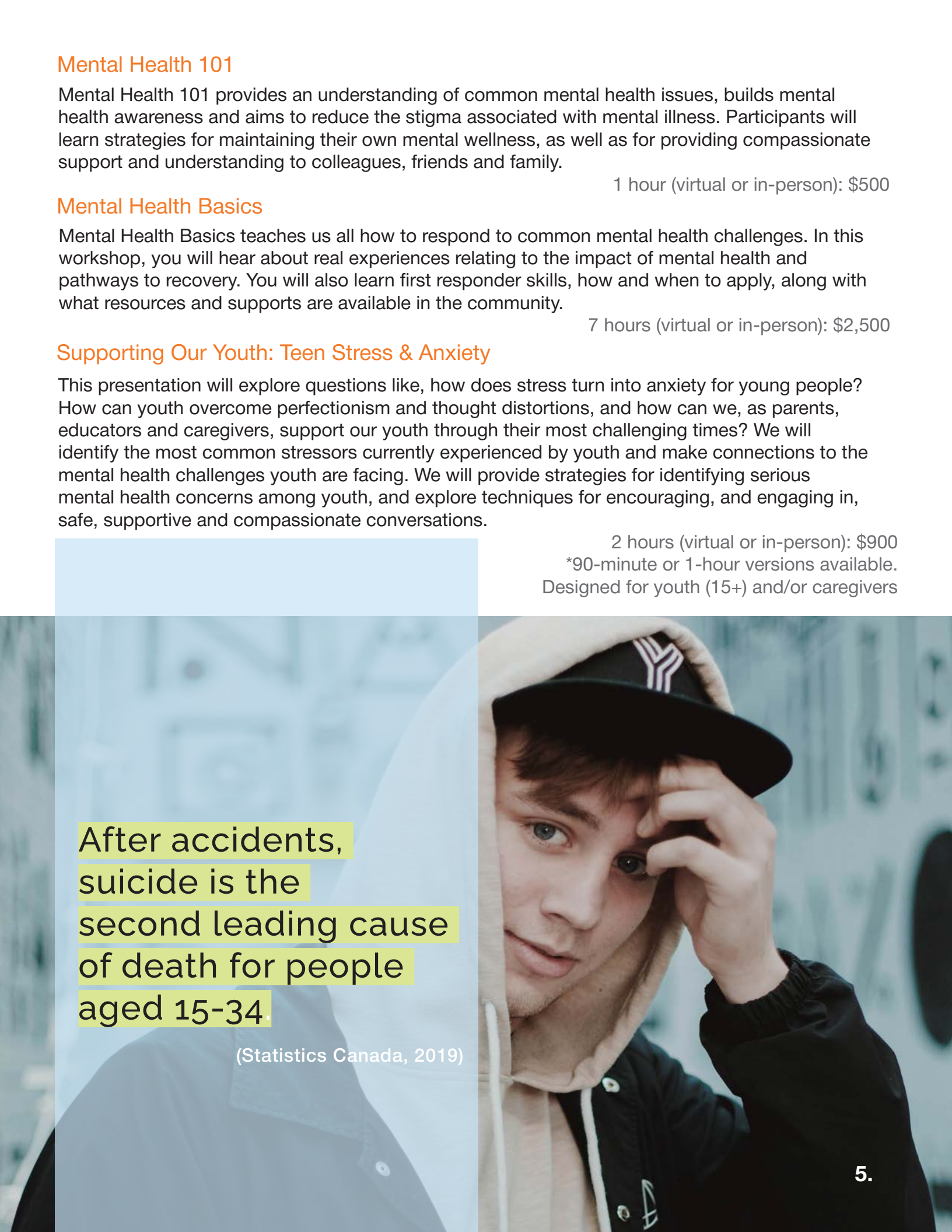
## Supporting Our Youth: Teen Stress & Anxiety

This presentation will explore questions like, how does stress turn into anxiety for young people? How can youth overcome perfectionism and thought distortions, and how can we, as parents, educators and caregivers, support our youth through their most challenging times? We will identify the most common stressors currently experienced by youth and make connections to the mental health challenges youth are facing. We will provide strategies for identifying serious mental health concerns among youth, and explore techniques for encouraging, and engaging in, safe, supportive and compassionate conversations.

2 hours (virtual or in-person): \$900

\*90-minute or 1-hour versions available.

Designed for youth (15+) and/or caregivers



After accidents,  
suicide is the  
second leading cause  
of death for people  
aged 15-34.

(Statistics Canada, 2019)



As many as 1 in 3 older adults living on their own say they have a need for mental health care.

(Mental Health Commission of Canada)

### Supporting Mental Health & Well-being of Older Adults

This presentation provides older adults, as well as their caregivers, an overview of mental health and mental illness factors that are specific to older populations, including the impact of chronic diseases, medical conditions, bereavement, medications and other social outcomes. With an understanding of the signs and symptoms of three prevalent mental health conditions, such as anxiety, depression and substance use, you will learn techniques to help prioritize mental wellness and support positive mental health in older adults.

2 hours (virtual or in-person): \$900

\*90-minute or 1-hour versions available upon request  
designed for senior and/or senior caregiver audiences

### Men's Mental Health

This presentation aims to shine a light on a less-often talked about subject: Men's mental health. While there are many reasons men may not always share their mental health concerns, statistics show that there are systemic barriers and stereotypes that may come into play, making middle-aged men more likely to die by suicide than anyone else. With rising levels of depression and other mental health challenges among men, it's time to bring more awareness around the stigmatizing attitudes that are associated with men's mental health, so we can better detect mental illness and remove barriers to care.

1 hour (virtual or in-person): \$500



## Mental Health and Building Resilience

This 3-hour workshop is split into two parts. The first half will focus on providing an understanding of the spectrum of mental health, and topics of conversation around common mental illnesses and the stigma associated with them. We will explore some of the key factors for promoting positive mental health. We will learn strategies for maintaining our own mental wellness and for providing compassionate support and understanding to colleagues, friends and family, using supportive conversations and the helpful resources that are available to us.

We will then spend some time looking at our own strategies for coping with stressful and unexpected situations in our lives and provide our own definition of what it means to be 'resilient'. With practice and persistence, we all have the ability to be resilient during life's most stressful moments. It is helpful to acknowledge that resilience doesn't eliminate adversity; it gives us the strength, the tools and the mindset to respond to, and tackle adversity head-on.

3 hours (virtual or in-person): \$1,300

## Adapting to Challenges: Mental Health and Communication

This session teaches us all how to identify and respond to common mental health challenges with effective, caring and compassionate communication strategies, especially during difficult situations. With improved communication awareness and strategies like paying attention to body language and the words we use, we can insure that what we say, and how we say it, is inclusive, kind and effective.

2 hours (virtual or in-person): \$900  
\*90-minute or 1-hour versions available



According to the World Health Organization, around 450 million people currently struggle with mental illness, making it the leading cause of disability worldwide.

Around 1 in 5  
Canadians report  
losing sleep and being  
less physically active  
because of their use  
of social media.

(Statistics Canada, 2021)

Social media



### Social Media & Well-being

It is estimated that more than 4 billion people worldwide use social media. While there are many positives to having vast social networks right at our finger tips, this presentation will highlight how some of the ways we engage on social media might have a negative impact on our overall well-being. Although there is a complex dynamic between social media use and our mental health, there are strategies for ensuring that we can engage online safely, meaningfully, and in ways that prioritize our mental well-being.

1 hour (virtual or in-person): \$500

### Understanding Seasonal Affective Disorder (SAD)

Anyone's mood can be greatly affected by the weather. However, when the seasons transition, bringing changes in temperature and exposure to daylight, some people experience life impacting depression. Seasonal changes can affect their entire sense of well-being, and this is known as Seasonal Affective Disorder (SAD). Learn how to identify the symptoms of SAD, and gain tools and techniques for managing the mental health impact of this common seasonal disorder.

1 hour (virtual or in-person): \$500



# Suicide Alertness & Intervention

## ASIST

### Applied Suicide Intervention Skills Training (ASIST)

Every year close to 4,000 people die by suicide in Canada. Though not all suicides can be prevented, some strategies can help reduce the risk, such as early recognition of the signs of suicidal thinking and offering appropriate intervention. This two-day interactive workshop will teach you how to identify and provide emergency support, increase safety, reduce risk and promote wellness and recovery for those who may be experiencing suicidal thoughts or behaviours. You will learn how to navigate societal and personal attitudes of suicide, recognize invitations for, and develop skills for intervention. Completion of this training is recognized with a certificate from LivingWorks.

Format: 2 days (15 hours) in-person only  
Cost: \$290 per person (minimum 12 people)

## safeTALK

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided, leaving people more alone and at greater risk. safeTALK training empowers everyone to make a difference by providing in-depth skills to recognize and respond to signs of suicide. In this workshop you will learn how to prevent suicide by engaging with someone at risk and connecting them to an intervention resource for further support. Completion of this training is recognized with a certificate from LivingWorks. \*This course is not available virtually.

Format: 3.5 hours in-person  
Cost: \$75 per person (minimum 10 people)





# Personal Wellness



Chronic stress can lead to mental health problems and medical issues.

## Managing Uncertainty

Over the last few years, we have all experienced insurmountable change and uncertainty in our personal and professional lives. As we continue to adapt to an ever-changing world, it's important that we develop and sustain a healthy relationship with the things we can't know and can't control. These shifts in how you think about uncertainty will help you maintain a positive outlook and reduce worrying as you encounter change in your life or invite new beginnings.

1 hour (virtual or in-person): \$500

## Enhancing Resilience: Reframing and resetting our coping mechanisms for stress management

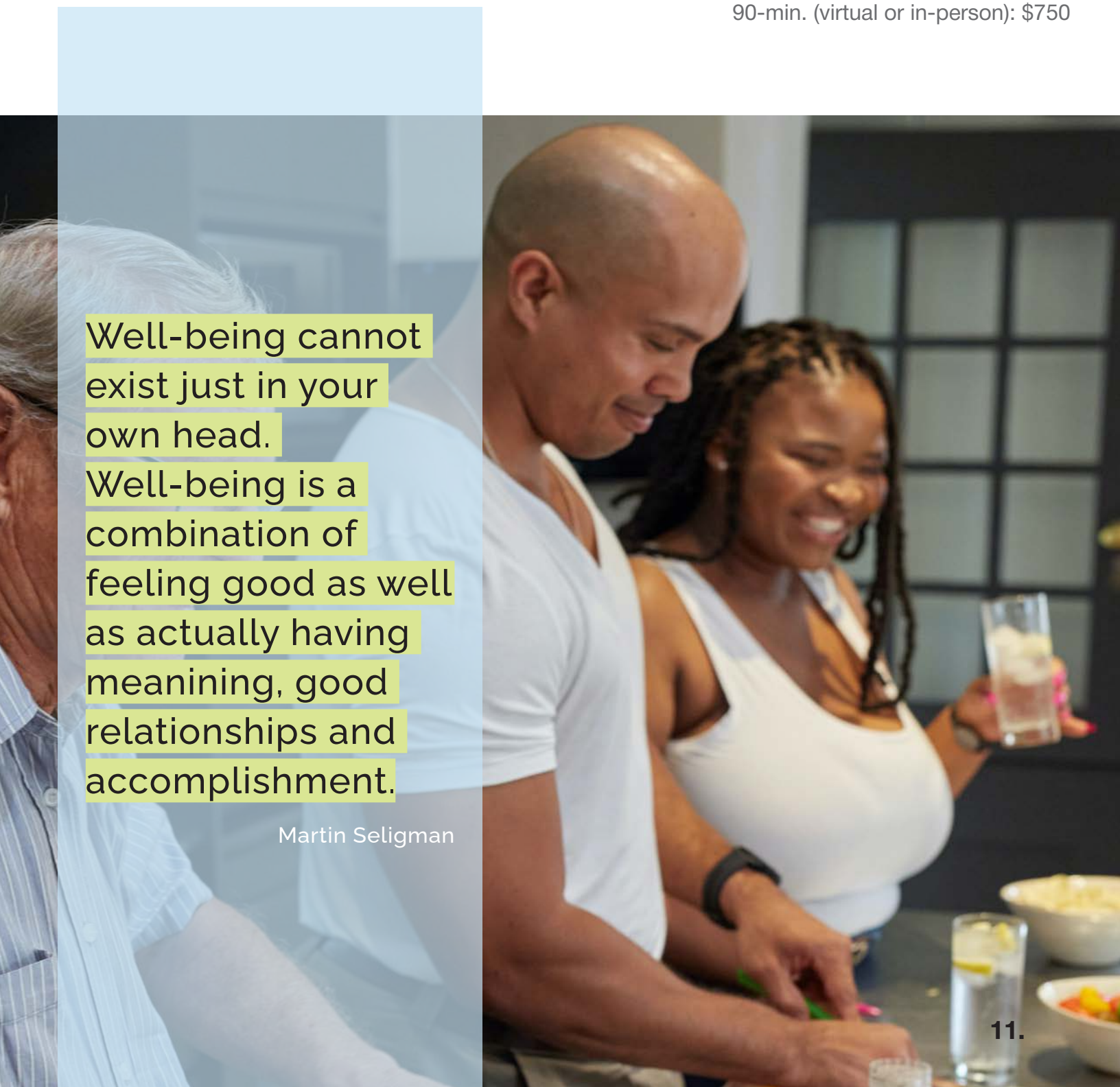
What does it mean to be resilient? And what if we told you that, with practice and persistence, we all have the ability to be resilient during life's most stressful moments. Resilience doesn't eliminate adversity; it gives us the strength, the tools and the mindset to respond to, and tackle adversity head-on. Learning to be resilient is a process that involves profound growth, self-awareness and self-compassion. Resiliency holds the key to achieving our optimal mental wellness and this presentation will explore the ways in which our ability to be resilient contributes to our overall sense of well-being.

1 hour (virtual or in-person): \$500

## Prioritize Your Well-Being

Psychologist, Educator and Author, Martin Seligman said: “Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.” Well-being is not just the absence of illness or challenge; it is a sense of balance across all which makes us human, and we all have the ability to manifest and create our own sense of optimal well-being when we prioritize our needs, goals and desires. Using Seligman’s PERMAH Framework – the six dimensions of feeling and functioning, this presentation will review the role these dimensions play in our overall sense of well-being. We will also explore the connections between healthy and joyful relationships with others, nurturing positive emotions, establishing personal boundaries and feelings of belonging as drivers of personal wellness.

90-min. (virtual or in-person): \$750



Well-being cannot exist just in your own head.

Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.

Martin Seligman



# Creating Healthy Workplaces

We encourage businesses to invest in the personal wellness of their teams.

**Everyone in your workplace, at all levels, positions and roles, can benefit from a deepened understanding of mental health in the workplace.**

Our specialized mental health training programs will help your organization increase mental health awareness and reduce stigma, teach staff how to effectively and confidently address mental health concerns, give them tools to manage personal and professional stress and ultimately, learn how to better support one another. We have three programs to choose from:

- Healthy Workplaces for Everyone
- Healthy Workplaces for Leadership
- Healthy Workplaces for Social Services Sector >>

On average, mental health issues account for 30 to 40 percent of short-term disability claims and 30 percent of long-term disability claims in Canada.

(Deloitte, 2019)

## Healthy Workplaces for Everyone Series

Why does this matter? A psychologically healthy work environment supports employee engagement, worker health and well-being, recruitment and retention, productivity, effective risk management and corporate social responsibility. When we give mental health a place in the workplace, we ensure that the well-being of each and every employee becomes a priority, which ultimately contributes to creating a safe and healthy workplace for all.

### Making Space for Mental Health in the Workplace

This workshop encourages mental health awareness and gives participants strategies for identifying common mental health issues, along with the tools to connect colleagues with resources for support. This presentation aims to instill confidence when having effective and positive conversations around the mental health and well-being of everyone in the workplace.

### Empowering Well-Being through Diversity, Equity and Inclusion

At work, we all have an essential role to play in ensuring that everyone feels they belong, and that they are safe and valued. A culturally competent workplace that embraces, celebrates and prioritizes diversity and inclusion, contributes meaningfully to the mental well-being of employees. You simply cannot have one without the other. An absence of formal and informal strategies to understand, explore and invite dialogue around our experiences, and what makes us who we are, means that optimal employee wellness can never be achieved.

### Managing Conflict and Responding to Difficult Conversations

When we have the ability to effectively understand and acknowledge that our needs and perspectives may not be the same as someone else's, we are better equipped to resolve conflict and communicate our needs and viewpoints respectively and positively. This workshop will give you the tools to find out what underlying factor might be impacting your ability to resolve conflict and engage in safe and positive problem-solving conversations. This workshop will also address workplace bullying and how to respond as the individual directly impacted, or as a bystander.

### Workplace Stress and Anxiety: How to Manage and Overcome

We all experience stressful situations at work, but at what point does stress inhibit our ability to remain focused, successful, and even become dangerous to our overall well-being? This workshop will address workplace anxiety and stress and how, when unaddressed, it can contribute to burnout, disengagement and absenteeism, among other critical health outcomes. You will learn techniques for coping with stress and anxiety, such as knowing when and how to ask for help, utilizing workplace supports, and practicing mindfulness and self-care activities.


Audience: Everyone in the workplace

Full series cost (7-hours): \$3,000 (for up to 20 participants)

Single modules (90-minutes): \$750 (for up to 20 participants)

Format: virtual or in-person

Only 32 % of Canadian employees feel their organization is taking action to address workplace mental health.



According to a survey of 1500 professionals across Canada, 47% report feelings of burnout.

Robert Half

### Healthy Workplaces for Leadership Series

Leaders play a fundamental role in shifting the organizational culture that welcomes and encourages open and safe dialogue, action and change related to workplace mental health. Our Healthy Workplaces for Leadership program is designed to engage and empower your organization's leaders as invested champions in ensuring a mentally healthy and safe workplace for everyone.

### Identifying Workplace Mental Health Problems

This module helps leaders recognize the early indicators of mental health problems in the workplace. We will share how to identify symptoms of depression, panic/anxiety disorder and bi-polar disorder, as well as the correlation between substance use and mental health problems. We will give leaders the tools and confidence to respond respectfully and effectively to mental health problems in the workplace, as well as contribute to reducing stigma in the workplace. This module has several case studies for participants to work through to learn active listening skills and practice responding in a supportive way.

### Stress in the Workplace

This module gives leaders the tools and confidence to identify the signs and sources of stress in employees. With an understanding of the serious impacts of stress, leaders will be given strategies for stress management and reduction for their teams. We work with managers to build their own resilience, and identify the role they play in creating a culture and an environment that fosters the good mental health of their staff. Exercises include assessing personal management style and discussing more broadly the positive or negative impact it may have on employee wellbeing. (cont'd on next page...)

## Managing Conflict & Working Through Tough Conversations

When we have the ability to effectively understand and acknowledge that our needs and perspectives may not be the same as someone else's, we are better equipped to resolve conflict and communicate our needs and viewpoints respectively and positively. This workshop will give leaders the tools to help navigate conflict amongst teams and employees through effective communication strategies and a strengthened sense of emotional intelligence. Leaders will learn techniques for empowering teams to effectively resolve conflict and engage in safe and positive problem-solving conversations. This workshop will also address workplace bullying and our obligation and duty to respond as the manager of the individual(s) directly impacted and involved.

## Employee Accommodations: Support Beyond the Process


This module will explore where and when employees may require accommodations, while also helping managers distinguish between performance and mental health concerns. By doing so, we gain a better understanding of the needs of our employees so they can remain a successful and happy member of the team. We will also take a look at the key components of ensuring a successful return-to-work process for a team member who is returning after a mental health leave. We aim to provide leaders with strategies that not only align with the organization's accommodation policy, but also provide people managers with guidance on building trust, encouraging open communication, and empowering their employee throughout their accommodation journey.

Audience: People Leaders

Full series cost (7-hours): \$3,000 (for up to 20 participants)

Single modules (90-minutes): \$750 (for up to 20 participants)

Format: virtual or in-person



The cost of poor mental health to the Canadian economy will be \$2.5 trillion by 2041.

(Deloitte, 2019)

## Healthy Workplaces for the Social Services Sector Series

As team members, colleagues, employees, leaders and partners in care, we all play a role in helping to create a psychologically safe workplace. In addition, we should all be empowered to prioritize our own well-being while at work, so we can care for ourselves, while we work hard to care for others. As helpers in our community, we cannot forget the responsibility we have to ourselves, which is to engage in helpful coping strategies and activities for, stress management, strengthening our resilience and enhancing our overall well-being, so we can bring our best selves to work. The following series aims to support your organization's objective to motivate and inspire all employees to prioritize their well-being, so everyone can contribute to creating a safe and healthy workplace for all.

### Making Space for Mental Health in the Workplace

This module encourages mental health awareness and gives us strategies for identifying common mental health issues, along with the tools to connect colleagues, our friends and families, and ourselves, with resources for support. This presentation aims to instill confidence when having effective and positive conversations around the mental health and well-being of everyone in and outside of the workplace.

### The Science of Well-Being

Well-being is not just the absence of illness or challenge; it is a sense of balance across all that makes us human, and we all have the ability to manifest and create our own sense of optimal well-being when we prioritize our needs, goals and desires. Using Seligman's PERMAH Framework – the six dimensions of feeling and functioning, we will review the role these dimensions play in our overall sense of well-being. We will also explore the connections between healthy and joyful relationships with others, nurturing positive emotions, establishing personal boundaries and feelings of belonging as drivers of personal wellness. This shift in thinking about wellness is evolving all the time, but its underlying wisdom - rooted in science - is that we can find tremendous empowerment when we begin to engage in our own wellness.

### Stress, Compassion Fatigue & Burnout: Reframing and Resetting Our Coping Mechanisms

We all experience stressful situations at work, but at what point does stress inhibit our ability to remain focused, successful, and even become dangerous to our overall well-being? This workshop will address the unique stressors found in the support services sector and how, when unaddressed, it can contribute to burnout, disengagement and compassion fatigue, among other critical health outcomes. You will learn techniques for coping with stress, such as knowing when and how to ask for help, utilizing workplace supports, and practicing mindfulness and self-care activities.

### Resilient Minds in Tough Times

What does it mean to be resilient? What if we told you that, with practice and persistence, we all have the ability to be resilient during life's most stressful moments. Resilience doesn't eliminate adversity; it gives us the strength, the tools and the mindset to respond to, and tackle adversity head-on. Learning to be resilient is a process that involves profound growth, self-awareness and self-compassion. With strengthened coping mechanisms, the ability to embrace change and gain perspective, we can all have resilient minds in tough times.

Audience: Social Service Sector Workplaces  
Full series cost (7-hours): \$3,000 (for up to 20 participants)  
Format: virtual or in-person



# Looking for more of an introductory workplace focused presentation that **everyone** can benefit from?



## Work and Well-Being: An Introduction to Workplace Mental Health

For a lot of us, so much of our time is dedicated to our jobs and workplaces. Not only do we – as team members, colleagues, employees, leaders – play a role in helping to create a psychologically safe workplace, we can be empowered to prioritize our own well-being while at work by engaging in strategies that support better stress management and strengthening our resilience.

This presentation will provide techniques for coping with stress and anxiety, teach us how and when to ask for help at work, utilize workplace supports, and engage in self-care activities, at and away from work.

In addition, as workplaces continue to evolve and change, with return to office and remote work practices, we will also explore the ways in which the prioritization of well-being in the workplace is critical in promoting and maintaining positive mental health, so we can bring our best selves to work, and feel our best when we aren't at work.

1 hour (virtual or in-person) \$500

Don't see a topic that meets your organization's learning needs and goals?  
Customization opportunities are available!





[cmha-yr.on.ca/get-support/corporate-training/](https://cmha-yr.on.ca/get-support/corporate-training/)

To book a workshop or presentation, or for inquiries, contact:

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Manager, Community Education and Training  
dluciano@cmha-yr.on.ca 705.890.7041

\*Prices enclosed are subject to change and/or additional fees may be incurred



**Canadian Mental Health Association**  
York and South Simcoe