Canadian Mental Health Association
Calgary
Mental health for all



Adult & Workplace Education

Mental health is about achieving personal balance, and finding this balance can be a learning process. CMHA Calgary workshops and training programs are available to a variety of adult groups in community organizations and workplace settings to provide participants with a strong understanding, awareness, and appreciation of mental wellbeing on their journey towards balance.

Workshops:

CMHA Calgary offers a range of virtual or in-person mental health education workshops. These interactive, flexible, single-session offerings are typically delivered in 60 minute blocks, but can easily be tailored to meet the unique needs of diverse schedules and work structures. Workshop topics include:

- Stress Management and Healthy Coping – The aim of this session is to provide adult groups and employees with the strategies they need to achieve balance and manage stress at work, at home, and in life. This workshop provides an overview of what the stress response is, and how it affects the body and mind.

- Mental Health Awareness – We all have mental health! This workshop breaks down common misconceptions surrounding mental illnesses and promotes a preventative approach to mental health and wellness.

- Suicide Prevention – This workshop provides a compassionate and informative discussion around suicide as it seeks to dispel myths, outline warning signs and protective factors, and connect participants to professional resources.

All workshops for adult groups are offered at a standard fee of $250.

SCAN ME

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Peer Ambassador Training:

CMHA Calgary's workplace or community group peer ambassador training "Connector Certified" is designed to identify and train internal supporters or "connectors", who, through the training process, will understand the ethics, limits, and boundaries of helping, and who will resolve concerns through their competence in connecting with others. Throughout their training, connectors are exposed to a variety of topics and skills, including effective communication, healthy coping, knowing when to refer people to professional services, foundations of peer engagement, and maintaining self-care.

The Connector Certified training program provides a customizable and unique delivery approach, presented through 14 hours of intensive, interactive facilitation. Delivery is typically offered at a cost of $3,500 and can be facilitated over two full days, four half days, or in several 90 - 120 minute blocks.

Facilitators:

CMHA Calgary's workplace facilitators are experts in their field. They come from a variety of professional backgrounds and have delivered services extensively within vast workplace settings. Each of CMHA Calgary's facilitators are well-trained in principles of adult learning, cultural awareness, and diversity and inclusion.

Fees:

Fees for adult and workplace services allow CMHA Calgary to continually reinvest in the development, review, and delivery of our programming to ensure best practices and high-quality content. All workshops sessions and training programs must be paid for in advance.

How to Book:

Adult and workplace groups may schedule multiple offerings, however capacity is limited, and bookings are confirmed on a first come, first served basis.

Please contact us by email at education@cmha.calgary.ab.ca or scan the QR code to learn more.