



Canadian Mental
Health Association
Saskatchewan
Mental health for all



Workshops

suicideTALK

An exploration in suicide awareness – suicideTALK is a 60 to 90 minute session that invites interested community members to become more aware of the many things that can be done to prevent suicide. Dealing openly with the stigma around suicide, this exploration focuses on the question, “Should we talk about suicide?” Intriguing questions and a number of handouts stimulate learning.

safeTALK

Suicide alertness for everyone – safeTALK is a three hour training program that prepares helpers to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

ASIST - Applied Suicide Intervention Skills Training

ASIST is a two-day, interactive workshop that prepares caregivers to provide suicide first aid interventions. Small group discussions and skills practice are based on adult learning principles. ASIST teaches the Suicide Intervention Model, a practical guide to doing suicide interventions. Powerful videos support learning.

Tattered Teddies

Suicide behaviour in children 12 years old and younger, is a subject of growing concern for those working with children. Suicide thoughts and attempts in children have sometimes been overlooked, denied or ignored.

This workshop (½ day) provides information and practical approaches to those working with children who may be at risk of suicide. Intervention approaches build on skills and knowledge learned in ASIST (Applied Suicide Intervention Skills Training) as it applies to children.

FRIENDS for LIFE

A program of the Canadian Mental Health Association Saskatchewan

Living Life to the Full

Want to know how to feel better, right now? This enjoyable, interactive course introduces the principles of Five Areas Cognitive Behavioural Therapy and will help you understand your feelings and what to do about them!

In eight, enjoyable 90-minute sessions – one per week – this course helps people to make a difference to their lives. Each session is expertly moderated and includes a booklet. Participants are taught how to deal with their feelings when fed up, worried, or hopeless, and learn skills that help them tackle life's problems.

Session 1: Why do I feel so bad?

Session 2: I can't be bothered doing anything

Session 3: Why does everything always go wrong?

Session 4: I'm not good enough

Session 5: How to fix almost everything

Session 6: The things you do that mess you up

Session 7: Are you strong enough to keep your temper?

Session 8: 10 Things you can do to feel happier straight away

Mental Health First Aid

One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid Canada gives people the skills to provide that early help that is so important in recovery.

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

MHFA is made up of four sessions held over two days. The modules are: Mental health/mental illness and addictions; Mood Disorders, including bi-polar and suicide; Anxiety; Psychosis, including schizophrenia.

Grief and Loss Recovery

Eight 1½ hour sessions. *For Your Own Broken Heart*: There are more than 40 events that can create the range of human emotions called grief - death of a loved one, or a relationship, divorce, estrangements, financial changes and health issues head the list. Whether the loss was recent or long ago, it may still be limiting your ability to participate fully in life. The **Grief Recovery Personal Workshop** assists in the ultimate journey back to your heart and to the mainstream of your life.

Communications and Problem Solving Skills

This program is directed to Grade 5 students, and is made up of 8 one-hour sessions. These are done on a weekly basis.

"The Journey"

- Week One - Meeting the group - Getting Ready for the Journey
- Week Two - Feelings
- Week Three - Defining Anger
- Week Four - Anger Triggers
- Week Five - Taking Control of my Anger
- Week Six - Communications
- Week Seven - Problem Solving
- Week Eight - Practicing My Anger Control

I'm Thumbody

This is a school or group program directed to Grade 2 level. It is done in 2 one-hour sessions, approximately one week apart.

To help young people understand and learn about mental health and increase skills that promote personal development and successful relationships. I'm Thumbody is a self-esteem program for children which: builds healthy self-concepts, stimulates the development of self-confidence, instills feelings of self-worth, individuality and responsibility, develops an understanding of each person's unique skills and interests and the value of their differences, strengths and individuality and enhances self-awareness



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Presentation Suggestions

- Balancing Work and Family
- Seniors and Mental Health
- Mental Illness (General Overview)
- Depression
- Depression and Physical Health
- Depression in the Workplace
- Work Life Conflict
- Schizophrenia
- Bi-polar
- Anxiety
- Borderline Personality Disorders
- Seasonal Affective Disorder
- Grief and Grieving
- Laughter in Healing
- Loneliness and Isolation
- Managing Stress Can be Fun
- Post Partum Depression
- and many more . . .



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RBC
**Children's Mental
Health Project**

