



Canadian Mental
Health Association
Kelowna
Mental health for all

Lunch and Learns



CMHA Kelowna is committed to building a mentally healthier society. Our workshops provide relevant, engaging, educational content delivered by knowledgeable, professional presenters who share their first-hand experience.

“It is really inspiring to hear a professional perspective and feel it relate to your own life.” - Local Business Participant

Each Lunch and Learn topic is presented as a one hour workshop.

Half-day and multi-day workshops are also available. See “Workshops for Workplace Wellness” menu.

Mentally Healthy Workplaces (Ideal for managers/supervisors)

An introductory course to understanding core concepts of mentally healthy and psychologically safe workplaces, return on investment, key factors to be aware of, how to manage challenges, and the best resources available to help your workplace protect and promote psychological health and safety.

Mental Health at Work (Ideal for managers/supervisors)

Designed to equip managers and supervisors to be aware of what legal responsibilities workplaces have regarding psychological health and safety, understand when stress becomes toxic, be able to recognize and respond to signs and symptoms of mental health issues in the workplace, and how to promote psychological health and safety.

Less Stress at Work

Learn the signs and symptoms of stress, strategies for coping stress, and how to help yourself and other improve their mental wellbeing. Reducing stress in the workplace has far-reaching benefits including higher work satisfaction, reduced absenteeism, and increased productivity.

Approaching Anxiety

What is the difference between normal anxiety and an anxiety disorder? Learn how to recognize and manage your own anxiety while also gaining valuable tools and insight to help others in your work and personal life.

Understanding Depression

We all know what it's like to experience a bad day, but what happens when you can't seem to shake it? Learn more about the signs and symptoms of depression and ways to help yourself and others struggling with depression.

Building Resilience

Difficult situations can't always be avoided but we can develop the skills and tools we need to navigate through the ups and downs of life. Learn the protective factors that help instill resilience so you can thrive in your work and personal life, even in the midst of trying times.

Managing and Deescalating Conflict

There will always be times when colleagues don't see eye-to-eye, but unresolved anger and tension can cause major disturbances for individuals and the workplace. Learn how to recognize the early stages of a conflict and how to communicate effectively to find practical resolutions and avoid escalation into a crisis.

Dealing with Crisis

When someone is experiencing a crisis, it can often catch us unaware. We'll teach you a framework for understanding and approaching crisis, including knowing what to say and how to deescalate the situation. You'll also learn how to identify potential triggers.

Encountering Grief and Loss

While encountering loss is a natural part of life, learning to cope and transition while grieving is difficult. Learn the stages of grief and skills to approach the emotional suffering you may experience through the death of a loved one or significant loss, such as health, financial stability, or employment.

Investment

CLAIMS



COST

\$20 BILLION total losses to Canadian workplaces



PREVENTION can save anywhere from

\$5 to \$10,000 per employee



Lunch and Learns are offered for \$200+GST per workshop.

For a limited time: book 3 presentations for only \$500+GST (\$100 savings!).

For more information or to schedule a presentation, email: education.kelowna@cmha.bc.ca or call: **250-861-3644**

www.cmhakilowna.org