



Canadian Mental
Health Association
Kelowna

Mental Health at Work:

Training, Professional Development,
and Sponsorship Opportunities



Lunch and Learns (1 hour each)

Appropriate for employees of all levels. Can be taken in any order, stand alone, or bundle multiple presentations. All Lunch and Learns include interactive components and a relevant list of resources for each participant. Choose from a topic below or contact our team to customize a presentation (additional fees will apply). Pricing starts at \$200 +GST per Lunch and Learn.

Mental Health at Work

An introduction to psychologically safe and healthy workplaces. Through open communication, teamwork, and fostering a mentally healthy workplace culture, employees will learn how to recognize and respond to colleagues and clients who may be experiencing poor mental health.

Less Stress at Work

Learn the causes, signs, and symptoms of stress in the workplace (some of them may surprise you!). Includes strategies for reframing and coping with stress, self-care, and supporting your colleagues.

Building Resiliency

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. Participants will learn the protective factors that help instill resilience so they can thrive in their work and personal life, even in the midst of trying times.

Managing and De-escalating Conflict

Unresolved anger and tension can cause major disturbances for individuals and workplace culture. Learn how to recognize the early stages of conflict plus practical solutions to avoid escalation into a crisis. Includes post-conflict strategies for self-care.

CMHA Kelowna Lunch & Learns are proudly supported by:



Are you an Interior Savings Member?

Ask about the 25% discount on Workplace Lunch and Learn presentations.

Professional Development (1.5 hours per module)

Ideal for managers, supervisors, and up-and-coming leaders.

Each module builds on the previous topic. Modules can be scheduled one at a time, two-to-three for a half-day training, or all five for a full day of training (7.5 hours total). Investment: \$250 +GST per module.

Up to 15 participants can attend each training.

Certificate provided upon completion of all 5 modules.

Modules

1. Introduction to the Mental Health Continuum
2. Psychological Health and Safety at Work
3. Clear and Assertive Communication
4. Modeling Effective Leadership and Self-Care Skills
5. Planning and Implementing Workplace Mental Health Strategies



“There was lots of great buzz after the session. You are eloquent speakers who deliver such a positive and impactful message. Looking forward to our next session.” - Workplace Training Participant

Advanced Training

The courses below are appropriate for: Human Resources, Union Representatives, Wellness Advocates, Frontline Workers, and anyone else who needs the skills to assist someone in a crisis. Consider organizing a course in cooperation with other branches, trade organizations, unions, etc. CMHA Kelowna also offers community courses throughout the year. **All courses below include materials and a certificate upon completion. Minimum of 10 participants required to host a course.**

Safe & Sound - 4 hours

This workshop trains leaders to recognize the early signs and symptoms of mental health issues, skills to approach difficult conversations, and an introduction to legal responsibilities.

Facilitation fee: \$800 +GST

Responding with Respect (RwR) - 4 hours

Employees and managers are often the first to notice when a co-worker is experiencing low mood or depression. RwR teaches staff a framework to support a colleague going through a challenging time. Facilitation fee: \$800 +GST

Mental Health First Aid (MHFA) - 2 days

MHFA teaches participants how to help someone showing signs of a mental health issue or experiencing a mental health crisis. This course includes recognizing the early signs of specific mental health issues and a framework for responding.

Group rate available (contact CMHA Kelowna for more information) or \$200 +GST per person.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada



MHFA Canada is an evidence based program of The Mental Health Commission of Canada.

safeTALK - 3.5 hours

Suicide alertness training that prepares anyone to be more aware of the signs that someone may have thoughts of suicide, how to approach the topic in conversation, and how to connect that person to an interventionist in the community.

Group rate: \$400 + \$10/person for materials +GST

Applied Suicide Intervention Skills Training (ASIST) - 2 days

ASIST trains participants how to intervene and help prevent the immediate risk of suicide, including the creation of a safety plan.

The ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Group rate available (contact CMHA Kelowna for more information) or \$285 +GST per person.



ASIST



safeTALK

*safeTALK and ASIST are standardized courses created by LivingWorks,
the world leader in suicide intervention training.*



Sponsor an Event

Knowledge is Power (KIP)

CMHA Kelowna offers both Workplace Training and Community Education. Our KIP education events can be tailored to your clientele or an audience you want to reach. KIPs make great client appreciation events, or a way to demonstrate your business' commitment to mental health in our community. KIP events regularly draw over 100 attendees, with the promotion of events reaching 2,000+ people.



Signature Events

Annual CMHA Kelowna events, such as the Mentally Healthy Workplace Awards, are an opportunity to get your brand in front of 250-500 attendees, in addition to the thousands of impressions gained throughout the promotion of the event.

Our Training Team



Amanda Swoboda, BSW

Amanda has over 20 years of experience working in the field of mental health. She combines both professional and lived experience to connect with diverse audiences.



Aaryn Secker, MEd

Aaryn has formal training in adult education principles and extensive experience as a facilitator. She has worked in the field of health promotion for seven years.

Prices are subject to change without notice.
Additional fees will apply for customization.

Cancellation policy:

Our goal at CMHA is to ensure that your organization receives the best training possible. If you are unable to honour the dates agreed upon, our first preference is to re-book at a later time.

Cancellations received within 48 hours of training(s) will incur a cancellation fee of 50% of the course fee, as well as all expenses incurred by CMHA representatives.



Canadian Mental Health Association Kelowna

"An amazing wealth of information and one of the best facilitators thus far. We would love to have you back over and over again!" - Workplace Training Participant

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