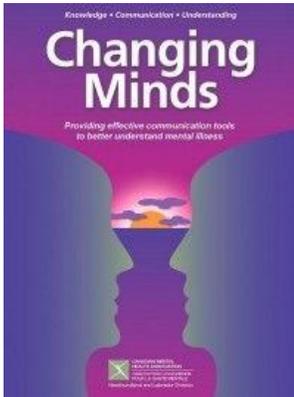




## Changing Minds



### A community education program about the experience of mental illness.

CMHA-NL's Changing Minds is a mental illness education and awareness training program that reduces stigma and uses evidence-based approaches to teach better communication skills to help understand and respect those who have a mental illness. The foundation of Changing Minds is built on first-person perspectives of those with lived experience of mental illness. This interactive and empathy-building program is powerful and engaging. It will truly change your mind and help you break down myths about mental illness.

#### The workshop will include:

- ✓ An in-depth understanding of mental illness from the perspective of those with lived experience
- ✓ Instructional modules on mental illness
- ✓ The connection between theoretical knowledge and individual experience
- ✓ A model for front-line intervention

Our next public course offering for Changing Minds will be held at  
**NLHHN, 77 Charter Avenue, St. John's, NL** on:

**May 13-14, 2020 • 8:30 AM – 4:30 PM**

Learn more and register at <https://cmhanl.info/training>.

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