



Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé mentale
La santé mentale pour tous

Coming in the New Year!

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Mental Health Works Workshop



Mental Health Works is a nationally available program of the Canadian Mental Health Association that builds capacity within organizations to effectively address the many issues related to mental health in the workplace.

Date: March 16th, 2017

Time: 8:30 to 4:00

Intended audience: *all staff, supervisors, managers and union representatives.*

Location: *NLHHN
77 Charter Ave, St. John's*

Cost: *\$125.00/person
Light snacks and coffee provided*

Limited seats available

To register email: bhaley@cmhanl.ca

This workshop:

- ✓ Promotes positive mental health for all, and effectively reduces the stigma around mental illnesses.
- ✓ Teaches practical skills to help address mental health problems at work.
- ✓ Provides a holistic understanding of mental health and mental illness.
- ✓ Is made up of four modules, touching on awareness building, responding skills, and collaborative change.