



Mental Health Awareness and Support
Thursday, June 14, 2018
 Canad Inns Polo Park
 1405 St. Matthews Ave.

Join us for this one day event on Mental Health Awareness and Support.

WORKSHOP DESCRIPTION:

Mental health concerns will directly impact one in every five people. The remaining four will know a friend, family member, co-worker or acquaintance that struggles with their mental health. This workshop is designed for any person who knows someone who has mental health concerns. While it is not your responsibility to diagnose mental illness or be a “counsellor”, it can be both important and helpful for you to be aware of the signs and symptoms that may indicate whether someone is struggling with their mental health. This workshop will explore factors affecting mental health, give participants a general overview of common adult mental illnesses and, most importantly, how to be a support.

Topics to be covered include:

Mental Illness and Mental Health, The Whole Picture, Stigma and Myths about Mental Illness, History of Mental Illness, Illness as Influence, not Identity, Mental Disorders Overview, Schizophrenia, Depression, Bipolar Disorder, Anxiety Disorders, Post-Traumatic Stress Disorder, Obsessive-Compulsive Disorder, Personality Disorders, Mental Illness and Addictions, Mental Illness and Suicide, Creating a Supportive Environment, People and Organizations to Access, Finding a Qualified Counsellor, Supporting Those That May Be Struggling, Personal Reflection, Sharing with Others, Providing Ongoing Support

PRESENTER:

Sandra Scott, MMFT, CCC



In addition to being a trainer with Crisis & Trauma Resource Institute (CTRI), Sandra has diverse work experience which includes working in the field of mental health, addictions, managing disability appeals, and negotiating and settling litigated matters at mediations. Trained as a Therapist, she has a Master’s degree in Marriage and Family Therapy and a Bachelor’s degree in Psychology. Sandra is passionate about helping organizations focus on mental health and well-being in the workplace. She has an exceptional interest in conflict resolution, relationships, and understanding perspective. Sandra views most situations from a systems lens whether she’s in a family or organizational setting. She is enthusiastic about learning and weaves humour and stories into her training, allowing participants to absorb and apply new material to all aspects of their lives.

DATE: Thursday, June 14, 2018	SCHEDULE: 8:00 a.m. Registration, Continental Breakfast 8:30 a.m. Workshop Begins 12:00 Noon Lunch (Aaltos Buffet) 1:00 p.m. Workshop Resumes 4:00 p.m. Workshop Ends	FEES: IPAM Members: \$250.00 Non-Members: \$350.00 <i>Prices are subject to GST.</i> Refreshments and Lunch included in fee.
LOCATION: Canad Inns Polo Park 1405 St. Matthews Ave.		

DEADLINE DATE FOR REGISTRATIONS EXTENDED – FRIDAY, JUNE 8, 2018

See next page for registration form.

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Tuesday, June 14, 2018
Canad Inns Polo Park– 1405 St. Matthews Ave.

REGISTRATION FORM

IMPORTANT NOTE:

- 1) All fields/sections of this registration form must be completed.
- 2) Certificates of attendance will be provided.

NAME: _____ TITLE: _____
NAME: _____ TITLE: _____
NAME: _____ TITLE: _____
NAME: _____ TITLE: _____

COMPANY: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL CODE: _____

EMAIL: _____ TEL: _____

Do you and/or any of your group have any special meal requirements, ie. Gluten Free, Vegetarian, Vegan, Allergies?
LIST HERE: _____

Fees and How to Register:

IPAM Member(s) - # _____ of Registrants @ \$262.50 (includes \$12.50 GST) = \$ _____

Non-Member(s) - # _____ of Registrants @ \$367.50 (includes \$17.50 GST) = \$ _____

____ Fax to 204-897-8094 or scan and email to office@ipam-manitoba.com and follow-up with payment in the mail to:
IPAM, 162-2025 Corydon Ave., Suite 51, Winnipeg, MB R3P 0N5

____ Check here if you would like an invoice. Send to invoice to email: _____
Payment must be made prior to the course date.

OR

Go to www.ipam-manitoba.com under **Events** for the link to register through our online registration system.
Credit Card payments and requests for invoicing available through this registration method.

Registration Information:

Lise Carbonneau, IPAM Administrator at 204-295-1512 or office@ipam-manitoba.com

Course Information:

Karen Turner, Protec Hearing, 204-771-9330 or protec1@mymts.net

