



# Mental Health Promotion & Education Calendar 2010





## Why not Carpool?

There's a variety of events taking place in North Eastman - why not arrange a carpool and check them out!

EVENT	DATE	TIME	LOCATION	COST	CONTACT
<b>Regular Monthly Sessions</b>					
<b>Anxiety Disorders Association of Manitoba (ADAM)</b> <b>and</b> <b>Mood Disorders Association of Manitoba (MDAM)</b>  <b>Support Group Meetings</b>	Third Monday of the month	7:00 pm to 9:00 pm	Pine Falls Health Complex Multipurpose Room <b>Pine Falls</b>	FREE	Elsa Sydorko 345-8511
	Fourth Tuesday of the month	1:00 pm to 3:00 pm	Beausejour Health Complex Lower Board Room <b>Beausejour</b>	FREE	Elsa Sydorko 345-8511 or Judy Dunn 444-5228
	Fourth Wed. of the month	10:00 am to 12:00 pm	Lewis Business Centre, Small Boardroom <b>Pinawa</b>	FREE	Elsa Sydorko 345-8511 or Judy Dunn 444-5228
<b>Changes Clubhouse</b>	Every Monday	11:30 am to 3:30 pm	SunGro Centre <b>Beausejour</b>	FREE	Judy Dunn 444-5228 <a href="mailto:jd4mdam@mts.net">jd4mdam@mts.net</a>
<b>Support Group for Family &amp; Friends of People with Mental Illness</b> <b>This session POSTPONED UNTIL FURTHER NOTICE</b>	Second Monday of the month	6:30 to 8:00 pm	Beausejour Health Centre Multipurpose Rm <b>Beausejour</b>	FREE	For info contact Chris Summerville 786-1616 chris@mss.mb.ca

## 2010 Events & Sessions

EVENT	DATE	TIME	LOCATION	COST	CONTACT
 <b>Train-the-Trainer Workshop</b> This Workshop is designed for people wishing to facilitate the "Your Recovery Journey" program. Using a variety of formats, including presentation, interactive exercises, and structured activities, the program guides participants towards their goals of establishing and maintaining wellness. <i>Sponsored by The Manitoba Schizophrenia Society</i>	Date pending				<b>For info</b>  Call 786-1616
 <b>safeTALK</b> <i>suicide alertness for everyone.</i> <b>3 hour Training Course on Suicide Alertness.</b> Learn four basic steps to recognize persons with thoughts of suicide and connect them with resources.	Date pending this Spring				




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 <p><b>Mental Health First Aid</b></p> <p>"Mental Health First Aid (MHFA) - For Adults who Interact with Youth The prevalence of mental health concerns in youth is estimated at 20%.</p> <p style="text-align: center;"><b>Do you know how to help?</b></p> <p><b>MFHA For Adults who Interact with Youth</b> teaches first aid skills to adults so they can provide help to youth (ages 12-24) developing a mental health problem or experiencing a mental health crisis. In the 2-day workshop you will learn:</p> <ul style="list-style-type: none"> <li>- signs &amp; symptoms of common mental health problems and crisis situations.</li> <li>- basic actions for mental health first aid</li> <li>- information about effective interventions and treatments</li> <li>- how to access help and resources</li> </ul>	Date pending				
<p><b>ASIST</b> - Applied Suicide Intervention Training</p> <p>The most recognized and widely used suicide intervention program in North America. Join us for this 2-day workshop.</p>	Date pending this Fall				
<p>The Manitoba Schizophrenia Society presents: <b>"The Simulation Training Experience of Hearing Voices that are Distressing"</b> Do you know someone who hears voices? Simulation of what it's like to function in daily life while hearing voices that are distressing. Facts about psychosis and schizophrenia and how to help someone who is experiencing voice hearing.</p> <p><i>(This workshop is not recommended for anyone who has had the experience of hearing voices)</i></p>	Wed. <b>June 9</b>	1:00 to 3:30 pm	Kin Place Health Complex – MPR	<b>Free workshop for the Public</b>	<b>To register</b> Contact Kim @ 371-0824 or <a href="mailto:eastmanmss@mts.net">eastmanmss@mts.net</a>