



# Mental Health Promotion & Education Calendar 2012




### 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> and <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 <a href="mailto:chris@mss.mb.ca">chris@mss.mb.ca</a>

## 2012 Events & Sessions

EVENT	DATE	TIME	LOCATION	COST	CONTACT
<b>Get Better Together Leader Training – Free!</b> Training for volunteers to lead Get Better Together! A program for living better with ongoing health conditions <ul style="list-style-type: none"> <li>▪ Do you enjoy helping others?</li> <li>▪ Do you enjoy presenting to a group?</li> <li>▪ Do you have experience with health problems?</li> <li>▪ Would you like to learn to better manage your own health as well?</li> </ul> North Eastman Health Association is currently looking for volunteers interested in taking training. <b>Get Better Together Training</b> is 4 days and is <b>free of charge</b> . No prior experience is necessary, other than experience with health problems – your own or someone else's close to you. Leaders receive a scripted manual and thorough training as well as an honorarium for each session.	Future Date pending		 	award winning medical fitness facility at Seven Oaks General Hospital in Winnipeg	To Register or for more information contact:  <b>Dawn Sawatsky,</b> Wellness Facilitator, NEHA 444-6142





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<p>(4 days of training)</p> <p>Leaders always teach in pairs.</p> <p>Leaders who have taken Get Better Together training in the past have said:</p> <p><i>"Great workshop, the more classes you teach, the more comfortable you become. Love that you teach with someone!"</i></p> <p><i>"This is one of the best types of workshops I've seen for helping people."</i></p>				FREE	
<p><b>Get Better Together! Free Program</b></p> <ul style="list-style-type: none"> <li>• Manage your pain</li> <li>• Deal with fatigue, frustration &amp; isolation</li> <li>• Start an exercise program</li> <li>• Eat well to live well</li> <li>• Increase your energy level</li> <li>• Use medications effectively</li> <li>• Solve problems and meet personal goals.</li> <li>• Talk to your doctor about your health</li> <li>• Make choices about your treatment</li> </ul> <p>The <b>Get Better Together! Program</b> is for anyone living with an ongoing condition such as:</p> <ul style="list-style-type: none"> <li style="width: 50%;">• Arthritis</li> <li style="width: 50%;">• Cancer</li> <li style="width: 50%;">• Chronic Back Pain</li> <li style="width: 50%;">• Diabetes</li> <li style="width: 50%;">• Hepatitis</li> <li style="width: 50%;">• Heart Disease</li> <li style="width: 50%;">• Multiple Sclerosis</li> <li style="width: 50%;">• Asthma</li> <li style="width: 50%;">• Chronic Fatigue</li> <li style="width: 50%;">• Depression, Anxiety</li> <li style="width: 50%;">• Fibromyalgia</li> <li style="width: 50%;">• High Blood Pressure</li> <li style="width: 50%;">• Osteoporosis</li> <li style="width: 50%;">• Stroke</li> </ul> <p style="text-align: center;">or any ongoing health concern.</p> <p><i>sponsored by NEHA and the Wellness Institute at Seven Oaks Hospital.</i></p>	<p><b>6 week program</b> (Tuesdays)</p>	<div style="background-color: #76b82a; color: white; padding: 5px; font-weight: bold; font-size: 1.2em;">Get Better Together!</div>	<p>New Directions School <b>Lac du Bonnet</b></p>	<p>A six week program to take control of your health.</p>	<p>To Register 345-8647</p> <p>For information call the Wellness Institute 632-3927</p>
<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>	<p><b>Future Date pending</b></p>				






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 <p><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></p>	Date pending				<p><b>For info</b></p> <p>Call 786-1616</p>
 <p><b>"Mental Health First Aid (MHFA) - For Adults who Interact with Youth</b>                      The prevalence of mental health concerns in youth is estimated at 20%.  <i>Do you know how to help?</i>                      MFHA For Adults who Interact with Youth 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>3 hour Training Course on Suicide Alertness.</b> Learn four basic steps to recognize persons with thoughts of suicide and connect them with resources.</p>	Date pending				

**For Information on District Specific Sessions please refer to "What's Up in Wellness Promotion" Bulletin <http://www.neha.mb.ca/hpbulletin2012.pdf>**