



MM Training Centre

Fall 2026

Professional Development Catalog

Building capacity through trauma-informed,
healing-centered learning.

www.marymound.com

Workshop Schedule

Fall 2026

Land Based Approaches to Healing

September 25 | 1 Day

Navigating Grief: Theory And Techniques for Working with Children and Youth Who Have Experienced Loss

October 8 | 1 Day

Indigenous Ways of Knowing: Land, Culture, and Learning

October 14 & 15 | 2 Days

Applied Suicide Intervention Skills Training (ASIST)

October 28 & 29 | 2 Days

Introduction to the Neurobiology of Trauma

November 4 & 5 | 2 Days

Building Resilience: Understanding Youth Substance Use

November 25 & 26 | 2 Days

Healing Systems | Through Trauma Responsive Practice

November 24 & 25 | 2 Days – THOMPSON, MANITOBA

Healing Systems | Through Trauma Responsive Practice

December 9 & 10 | 2 Days

Land Based Approaches to Healing

SEPTEMBER 25

Facilitators: Chantel St. Germaine, Elder Cheryl Thomson, Sonya Kubrakovitch

WORKSHOP DESCRIPTION

This one-day workshop invites participants to explore land-based approaches to healing, rooted in Indigenous knowledge and traditions. Through experiential learning on the land, participants will engage with teachings that connect physical, emotional, mental, and spiritual well-being.

Activities may include nature walks, plant identification, storytelling, and ceremony, all guided by Elders and Knowledge Keepers.

This workshop is open to all who wish to deepen their understanding of holistic, land-based wellness practices and their application in professional and personal contexts.

LEARNING OBJECTIVES

By the end of the workshop, participants will:

- Understand the connection between land, ceremony, and holistic wellbeing
- Recognize key components of land-based healing approaches
- Identify strategies to support youth in connecting to land as part of their healing journey

WORKSHOP DETAILS

Registration Fee: \$249 per person

Max Capacity: 30 persons

Length: 1 Day (7 Hours)

Start Time: 9:00 a.m.

Navigating Grief: Theory And Techniques for Working with Children and Youth Who Have Experienced Loss

OCTOBER 8

Facilitators: Julie Walsh

WORKSHOP DESCRIPTION

Grief and loss are universal yet deeply personal experiences. Many children and youth we support experience complex forms of grief, including ambiguous, cumulative, and disenfranchised loss, which can significantly impact mental health and coping. This workshop will deepen helping professionals' understanding of grief while providing practical tools to support children, youth, (and adults) who are experiencing loss. Participants will explore theoretical frameworks and learn how to address grief in a developmentally appropriate context. The afternoon will include creative strategies and interventions to supporting grief with children and youth.

LEARNING OBJECTIVES

Participants will develop an understanding of grief and loss across the lifespan, including different types of grief, theoretical frameworks, and the impact of complex, compounded, and traumatic loss. The training explores cultural perspectives on grief, common grief reactions and triggers, and how children understand death at different developmental stages.

Participants will gain practical strategies for talking about loss, including grief related to substance use and suicide, while learning evidence-informed interventions such as narrative, creative, and somatic approaches. The course also emphasizes creating supportive, culturally responsive environments by engaging families and communities in the healing process.

WORKSHOP DETAILS

Registration Fee: \$249 per person

Max Capacity: 30 persons

Length: 1 DAY

Start Time: 9:00 a.m.

Indigenous Ways of Knowing: Land, Culture, and Learning

OCTOBER 14 & 15

Facilitators: Dawn Isaac, Chantel St. Germaine, Elder Cheryl Thomson

WORKSHOP DESCRIPTION

This two-day workshop explores the impacts of colonial history on Indigenous peoples and communities, while centring cultural safety, humility, and experiential land-based learning as pathways toward reconciliation and healing. Participants will engage with Indigenous knowledge systems, examining how land, culture, and language are interconnected foundations for well-being. Through ceremony, storytelling, and hands-on activities guided by Elders and Knowledge Keepers, attendees will deepen their understanding of Indigenous worldviews and develop culturally responsive practices for their professional contexts.

LEARNING OUTCOMES

Upon completion, participants will be able to:

- Articulate the impacts of colonization on Indigenous health and well-being
- Apply principles of cultural safety and humility in professional practice
- Describe the interconnection of land, culture, and language in Indigenous knowledge systems
- Integrate land-based and experiential learning approaches into their work
- Identify concrete steps toward reconciliation within their organizational context

WORKSHOP DETAILS

Registration Fee: \$249 per person

Max Capacity: 30 persons

Length: 2 Days (7 Hours each)

Start Time: 9:00 a.m.

Applied Suicide Intervention Skills Training (ASIST)

OCTOBER 28 & 29

Facilitators: Prairie Tides Training Team

WORKSHOP DESCRIPTION

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop designed for caregivers who want to feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. Developed by LivingWorks, ASIST is the world's leading suicide intervention skills training program. Participants learn to recognize when someone may be at risk of suicide, how to connect with them, and how to help them stay safe. Through guided discussions, simulations, and practice, participants develop the skills to provide a suicide first-aid intervention and create a safety plan with a person at risk. ASIST is suitable for professionals and community members alike who want to make a difference in preventing suicide.

LEARNING OBJECTIVES

This training equips participants with the skills and confidence to recognize when someone may be at risk of suicide, engage in a compassionate conversation about suicide, and work collaboratively to develop a safety plan that supports the person's immediate safety. Through discussions, simulations, and skills practice, participants learn to identify suicide warning signs, assess risk, reduce immediate danger, and connect individuals with ongoing supports. Grounded in evidence-informed practices, ASIST emphasizes relationship, active listening, and intervention strategies that can be applied in a wide range of community and professional settings.

WORKSHOP DETAILS

Registration Fee: \$249 per person

Max Capacity: 30 persons

Length: 2 DAYS

Start Time: 9:00 a.m.

Introduction to the Neurobiology of Trauma

NOVEMBER 4 & 5

Facilitators: Prairie Tides Training Team

WORKSHOP DESCRIPTION

This two-day workshop provides an accessible introduction to the neuroscience of trauma and its effects on the developing brain and body. Participants will explore how adverse experiences shape neural pathways, stress response systems, and behaviour across the lifespan. Through clear visual models, case examples, and interactive discussion, attendees will build foundational knowledge of the autonomic nervous system, the window of tolerance, and neuroplasticity as a basis for healing. The workshop connects neuroscience to everyday practice, equipping participants with language and frameworks to better understand and support individuals impacted by trauma.

LEARNING OBJECTIVES

- Understanding the neurological, physiological, and emotional impacts of childhood adversity.
- Learning strategies to foster emotional regulation in individuals.
- Identifying strengths and vulnerabilities in clients and adopting a strengths-based approach.
- Creating relationally safe spaces that promote co-regulated, supportive relationships.

By the end of the workshop, participants will be equipped with an in-depth understanding of how to reduce stress, enhance emotional regulation, and foster supportive, safe environments for clients or individuals in their care. This training will help professionals create environments where individuals, especially those with histories of adversity, feel safe, understood, and capable of building resilience in the face of stress and emotional challenges.

WORKSHOP DETAILS

Registration Fee: \$249 per person

Max Capacity: 30 persons

Length: 2 Days (7 Hours each)

Start Time: 9:00 a.m.

Building Resilience: Understanding Youth Substance Use

NOVEMBER 25 & 26

Facilitators: Phil Audette

WORKSHOP DESCRIPTION

This two-day workshop explores the complex factors contributing to youth substance use and equips participants with practical, trauma-informed strategies for building resilience in young people. Participants will examine the neurobiological, developmental, and social determinants that influence substance use behaviours in adolescents. Through case studies, group discussions, and evidence-based frameworks, attendees will develop skills to support youth in navigating risk factors while strengthening protective factors. The workshop emphasizes a strengths-based, healing-centered approach that honours the lived experiences of young people and their families.

LEARNING OBJECTIVES

- Use recovery-focused language and debunk substance use myths.
- Foster resilience and healthy connections for prevention.
- Understand addiction, risk, and resiliency factors.
- Learn accurate information to replace fear-based approaches.
- Apply the bio-psychosocial model and harm reduction strategies.
- Explore stages of change model.

WORKSHOP DETAILS

Registration Fee: \$249 per person

Max Capacity: 30 persons

Length: 2 Days (7 Hours each)

Start Time: 9:00 a.m.

Healing Systems Through Trauma-Responsive Practices

November 24 & 25 – THOMPSON

Facilitators: Dawn Isaac & Deanne Evans

WORKSHOP DESCRIPTION

This two-day workshop examines how organizations and systems can move beyond individual trauma-informed care toward becoming truly trauma-responsive at every level.

Participants will explore the principles of healing-centered engagement, organizational change theory, and systems-level interventions that create environments of safety, trust, and empowerment.

Through interactive exercises, reflective practice, and collaborative planning, attendees will develop actionable strategies for transforming policies, procedures, and workplace cultures to better support both the people they serve and the staff who serve them.

LEARNING OBJECTIVES

Participants will develop an understanding of the impacts of trauma on service providers, including vicarious trauma, compassion fatigue, and burnout, while examining how organizational stressors and systemic practices contribute to workplace strain. Through reflection, dialogue, and interactive skill-building, participants will strengthen their awareness of emotional safety, resilience, and relationally attuned workplace cultures. The training provides practical strategies for self-care, stress management, and integrating trauma-informed practices into daily work to enhance individual and team well-being, foster supportive organizational environments, and promote sustainable staff wellness, engagement, and retention.

WORKSHOP DETAILS

Registration Fee: \$299 per person

Max Capacity: 30 persons

Length: 2 Days (7 Hours each)

Start Time: 9:00 a.m.

Healing Systems Through Trauma-Responsive Practices

DECEMBER 9 & 10

Facilitators: Dawn Isaac & Deanne Evans

WORKSHOP DESCRIPTION

This two-day workshop examines how organizations and systems can move beyond individual trauma-informed care toward becoming truly trauma-responsive at every level.

Participants will explore the principles of healing-centered engagement, organizational change theory, and systems-level interventions that create environments of safety, trust, and empowerment.

Through interactive exercises, reflective practice, and collaborative planning, attendees will develop actionable strategies for transforming policies, procedures, and workplace cultures to better support both the people they serve and the staff who serve them.

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WORKSHOP DETAILS

Registration Fee: \$249 per person

Max Capacity: 30 persons

Length: 2 Days (7 Hours each)

Start Time: 9:00 a.m.

General Information

CANCELLATION POLICY

Cancellations received more than 14 days prior to the workshop date will receive a full refund less a \$25 administrative fee. Cancellations received within 14 days of the workshop are non-refundable but may be transferred to another participant.

Prairie Tides reserves the right to cancel or reschedule workshops due to insufficient enrolment or unforeseen circumstances, in which case a full refund will be issued.

PRIVATE & CUSTOMIZED TRAINING

All workshops in this catalog can be delivered privately for your organization at a location of your choosing. We also develop customized training tailored to your team's specific needs, context, and goals. Contact us to discuss options, pricing, and scheduling.

FACILITATOR INFORMATION

Our facilitators are experienced practitioners, educators, and community leaders with deep expertise in trauma-informed care, Indigenous knowledge systems, and healing-centered engagement.

Detailed facilitator biographies are available on our website.

CONTACT US

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Thank you for your commitment to learning.

We look forward to welcoming you
into our learning community this fall.

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