



FALL

2

0

2

4

...

MARYMOUND

TRAINING CENTRE

WWW.MARYMOUND.COM

 **MARYMOUND**
Training Centre

ASIST TRAINING

Dates: September 12 & 13, 2024

Where: Marymound Training Centre
442 Scotia Street, Winnipeg

Registration: \$249 per person

Two-day training. Applied Suicide Intervention Skills Training (ASIST) uses internationally recognized best practices customized to be relevant to students, employees or concerned citizens. Instructors maintain a balance of challenge and safety.

As an ASIST trainee, you will be better able to:

- *Recognize and assist a person with thoughts to avoid suicide*
- *Discuss suicide with a person with thoughts in a direct manner*
- *Demonstrate the skills required to intervene with a person at risk of suicide*
 - *Recognize that caregivers and persons with thoughts are affected by personal and societal attitudes about suicide*
 - *Learn risk alerts and develop a safe plan related to them*
- *List the types of resources available to a person with thoughts of suicide*
- *Make commitment to advocacy, improving community resources and networking*

Recognize that suicide prevention is broader than suicide intervention and, includes life promotion and self-care for persons with thoughts and for caregivers

A certificate will be provided

NEUROBIOLOGY OF TRAUMA

Dates: September 18 & 19, 2024 – Brandon, MB
November 19 & 20, 2024 – Thompson, MB
November 26 & 27, 2024 – Winnipeg, MB

Registration: \$299 per person

This workshop will integrate core principles of neurodevelopment and traumatology to inform work with children, families, and the communities in which they live.

Participants will learn to help identify the strengths and vulnerabilities of the children and youth struggling with trauma histories and/or mental health and co-occurring disorders. This workshop will focus on understanding the foundations of trauma and attachment dysregulation. Participants will learn the neurological, physiological, cognitive and emotional impacts of trauma. Considerations through a trauma lens and strategies to promote emotional regulation will result in less stressed systems (both caregiving, management and above) and more supportive co-regulated environments.

MENTAL HEALTH FIRST AID SUPPORTING YOUTH

Facilitators: Kim Clark & Alex Bobylak

Date: September 20, 2024

Where: Marymound Training Centre
442 Scotia Street, Winnipeg

Registration: \$199 per person

Mental Health First Aid (MHFA) is the help provided to a person who is showing signs of declining mental well-being or crisis. “MHFA – Supporting Youth” is a course designed for members of the public who have frequent contact with young people (ages 12 to 24).

Participants will learn how to:

- recognize signs that a young person may be experiencing a decline in their mental well-being or a mental health or substance use crisis
- initiate conversations that encourage a young person to talk about a mental health or substance use problem
- discuss professional and other supports that could help with recovery to improved mental well-being
- assist in a mental health or substance use crisis situation
- check in with one’s own mental well-being and take action as needed

Method of Instruction

This 10-hour course opens with a self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practice throughout the virtual classroom modules (Modules 2 and 3). Module 1 takes up to 2 hours to complete while Modules 2 and 3 are 4 hours in length each, including breaks.

Upon registration, participants will receive the “MHFA – Supporting Youth Participant Reference Guide” that outlines MHFA actions for developing mental health and substance use problems, and mental health and substance use crises.

1-2 weeks before the course begins participants will be sent a link to the self-paced learning module, Module 1. Module 1 must be completed in full in order to receive access to the Livestream links.

Please note participants must complete all 3 modules in full to receive their certificate. Successful participants will achieve a Mental Health First Aid certificate from the Mental Health Commission of Canada

BUILDING RESILIENCE: A WORKSHOP FOR UNDERSTANDING AND ADDRESSING YOUTH SUBSTANCE USE

Facilitators: Kristin Lukie and Phil Audette

Date: October 2 & 3, 2024

Where: Marymound Training Centre
442 Scotia Street, Winnipeg

Registration: \$249 per person

Join us for a captivating workshop, where we shed light on the complexities of youth substance use. This course equips adults involved with youth—parents, caregivers, educators, and practitioners—with the knowledge and tools to address and understand substance use. Navigate through the stages of change model and discover concepts and tools for intervention. From harm reduction and current trends, to managing addiction and fostering open discussions, this workshop helps move us from fear to empowerment.

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-psycho-social model and harm reduction strategies.
- Explore stages of change model.

INDIGENOUS KNOWLEDGE

Facilitators: Dawn Isaac, Chantel St. Germaine
Priscilla Meeches

Date: October 23 & 24, 2024

Where: Marymound Training Centre
442 Scotia Street, Winnipeg

Registration: \$249 per person

In this two-day workshop participants will gain and understanding of Canada's history of colonial policies and their impact on Indigenous peoples, families, and communities. Participants will also expand their knowledge of cultural safety practices, how to provide culturally relevant services, and build culturally respectful workplaces. Indigenous worldviews, knowledge systems, and spiritual and cultural values will be shared. This workshop is experiential and will include ceremony

Marymound Land Acknowledgment

We believe it is important to acknowledge that we are on the ancestral lands of the Anishinabe, Ininew and Dakota Oyate Peoples. The land on which we now work and live is land which the First Nations shared through Treaty No 1 in 1871. We acknowledge the 7 First Nations for their generosity. We also acknowledge that this land is the birthplace of the Métis Nation and the National Homeland of the Red River Métis.

ATTACHMENT AND BUILDING BLOCKS OF RELATIONSHIP

Facilitators: Julie Walsh

Date: November 12, 2024

Where: Marymound Training Centre
442 Scotia Street, Winnipeg

Registration: \$199 per person

One day workshop for counsellors, school professionals and educators, service providers, early childhood educators, foster parents, caregivers, and family service workers.

This workshop looks how attachment develops and the implications of this. The focus is on is a strategy for survival, how attachment create patterns of behaviour, and how these patterns function in relationship. This provides an in-depth descriptions of specific attachment strategies, including how each strategy develops and ways to enhance relationships with differing strategies. We explore four “Keys to Attachment” (attunement, comfort, reliability, and self care) to highlight the importance a children’s attachment need of caregivers who are attuned to their child, provide comfort, provide reliability, and practice self care in attachment relationships, as well as some simple and important tools to enhance each “Key”

TRAINING

REGISTRATION INFO

Visit our website to view the Marymound Training Centre course offerings:

www.tickettailor.com/events/marymoundtrainingcentre

Or scan this QR code with your phone camera:



For more information:

Please email conferences@marymound.com

Cancellation Policy:

Refunds can be issued up to 15 days before course takes place. Marymound will not provide refunds for weather, acts of god or other personal circumstances. If Marymound cancels any course, registrants will be offered a full refund.

Do you need a place to host training?

Are you interested in customized training?

Contact the Marymound Training Centre for all your training needs:

conferences@marymound.com

Marymound Winnipeg Campus

442 Scotia Street, Winnipeg MB R2V 1X4 Phone: 204-338-7971

General Marymound inquiries: info@marymound.com