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MARYMOUND

TRAINING CENTRE

WWW.MARYMOUND.COM

DIVERSITY, EQUITY, INCLUSION & BELONGING IN THE WORKPLACE: DRIVING ORGANIZATIONAL CHANGE

Facilitators: Chantel St. Germaine & Chantel Szul

Date: JANUARY 9, 2025

Where: Marymound Training Centre

Registration: \$199 per person

Join us for a one-day workshop that provides a comprehensive overview of DEIB principles. Learn how integration of a DEIB program can transform organizational culture leading to a safe, psychologically safe, inclusive environment for all people. DEIB training serves as a foundation for meaningful action, fostering a workforce that collaborates more effectively, embraces diversity, and drives innovation.

While training alone is not a solution for diversity challenges, it can be a catalyst for organizational change when coupled with tangible actions aimed at promoting inclusivity and equity. By translating training insights into actionable steps, organizations pave the way for lasting cultural transformation and create environments where all individuals feel valued and empowered to succeed.

This workshop will cover the basic concepts, visible and invisible differences, the interplay of culture and communication, and address issues like stereotypes and discrimination. This hands-on experience will foster open conversations using case studies and provide practical skills to actively build relationships and contribute to a more inclusive work environment.

FETAL ALCOHOL SPECTRUM DISORDER (FASD) TRAINING

Facilitators: Life's Journey Inc.

Date: JANUARY 15 & 16, 2025

Where: Marymount Training Centre

Registration: \$249 per person

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

The FASD training will assist those who take it to:

- Understand the context of alcohol use in Manitoba
- Understand and address the circumstances that complicate life before, during and after pregnancy
- Gain a basic understanding of FASD
- To understand and practice successful approaches when supporting individuals with FASD
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The training will focus on knowledge, prevention, intervention, and how Indigenous individuals are represented and impacted by alcohol use due to colonialism and residential schools.



Life's Journey Inc.
Miikana Pimatziwin

INDIGENOUS KNOWLEDGE

Facilitators: Dawn Isaac, Chantel St. Germaine

DATE: JANUARY 22 & 23, 2025

Where: Marymound Training Centre

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.

NEUROBIOLOGY OF TRAUMA



Facilitators: DAWN ISAAC & SONYA WARGA
Dates: JANUARY 29 & 30, 2025

Where: Ma-Mow-We-Tak Friendship Centre
THOMPSON, MANITOBA

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.

ASIST TRAINING

Dates: FEBRUARY 13 & 14, 2025

Where: Marymound Training Centre

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

MENTAL HEALTH FIRST AID SUPPORTING YOUTH

Facilitator: Alex Bobylak
DATE: FEBRUARY 21, 2025

Where: Marymound Training Centre
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

NEUROBIOLOGY OF TRAUMA



Facilitators: Phil Audette & Stephanie Schmor

Dates: FEBRUARY 26 & 27, 2025

Where: Marymound Training Centre (Winnipeg)

Registration: \$249 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.

LATERAL VIOLENCE, LATERAL KINDNESS & CONFLICT RESOLUTION

Facilitators: Raven Hart & Ivana Yellowback
Dates: MARCH 5, 2025

Where: Marymound Training Centre
Registration: \$249 per person

A workshop that focuses on the internalization of communication beliefs through the history of the Indian Act and the Residential School systems, to current day. It's a two-part series that focuses on both Lateral Violence then and now and moves towards conflict resolution and building capacity in communication skills.



RAVEN HART



IVANA YELLOWBACK

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