



United Way



CMHA Halton

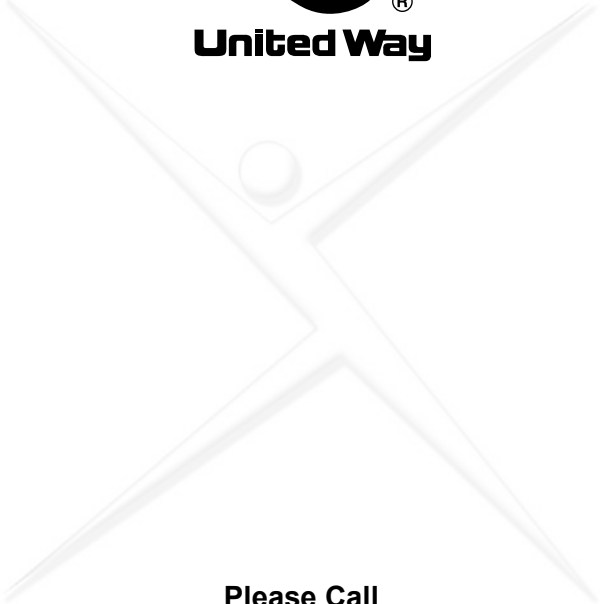
Community Mental Health Presentations

Canadian Mental Health Association
Halton Branch



**CANADIAN MENTAL
HEALTH ASSOCIATION**

**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**



Please Call
Canadian Mental Health Association
Halton Branch
Mental Health Education & Marketing
Department

cmflynn.cmha@haltonhealthworks.ca

(905) 693 4270

For information or
to book a mental health education
presentation



Promoting Mental Health
through Education

(905) 693 4270

1877 693 4270



The Mental Health Education & Marketing Department of CMHA Halton promotes mental health and wellness in the community through educational presentations, training workshops and community displays aimed at raising awareness and understanding of mental health and mental illness.

MENTAL HEALTH 101 SERIES

250.00/hr

These one hour presentations make a great lunch and learn or addition to a health and safety day. Topics covered include.....

1 UNDERSTANDING STRESS

Although stress is a normal part of life it is important to understand how stress affects you and your overall health. Participants will gain knowledge about stress and insight into their personal stress response as well as some basic coping strategies.

2 STRESS AND CHANGE

Change is stressful even when it is "good change", by understanding stress and the cycle of change participants will be able to handle change at work and at home.

3 UNDERSTANDING ANGER

Anger is just a feeling but many individuals struggle to manage the behaviors associated with anger. This brief introduction to anger will allow participants to understand the anger cycle and gain understanding of how to begin the process of changing the negative behaviors associated with their anger.

4 MENTAL HEALTH FACTS AND MYTHS

This is a broad discussion of some of the misconceptions about mental health and the individuals that suffer from mental illness.

5 MENTAL HEALTH BASICS

This is basic information about signs and symptoms of mental illness and current therapies.

TRAINING WORKSHOPS

1- 3hr workshops on a variety of mental health issues will be customized to suit your needs. Please call to discuss specifics

DISPLAY BOOKINGS

Please call us to book a mental health education display for your next wellness day or event

For Information, please call
CMHA Halton:

(905) 693 4270

or

1 877 693 4270