



# SERVICES

## Education & Training Program

The Education and Training Program offers programming to promote wellness and recovery and provides initiatives to reduce the stigma of mental illness through community workshops, training sessions, individual and family education groups and online communications.

Types of programming:

- Workshops & Training Sessions
- Education & Support Groups
- Awareness Campaigns

For more information, visit:

[cmha-tb.on.ca/education-training-program](http://cmha-tb.on.ca/education-training-program)



Canadian Mental  
Health Association  
Thunder Bay  
*Mental health for all*



**United Way**  
Thunder Bay  
Funded Agency

### Contact:

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# Education & Training Program

## Workshops & Training Sessions

- Introduction to the Recovery Approach to Mental Health
- Photovoice Presentations
- Applied Suicide Intervention Skills Training (ASIST) Workshop
- Working with Families: Instilling Hope for Recovery

## Education & Support Groups

- Family Mental Health Recovery Series
- Pathways to Resilience: Restoring the Elements of a Joyful Life

## Awareness Campaigns

- Mental Health Awareness Week
- Mental Illness Awareness Week
- National Recovery Day (partnership)

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