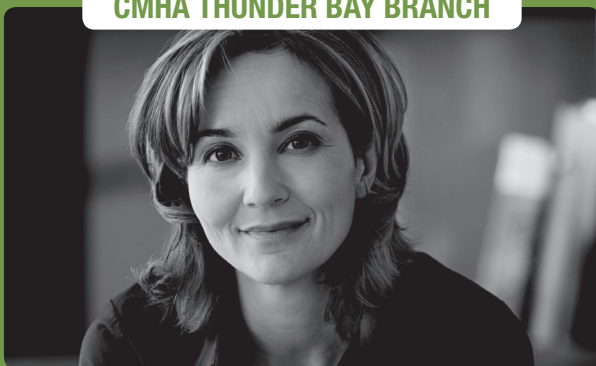


CMHA THUNDER BAY BRANCH



EDUCATION & TRAINING PROGRAM

The Education and Training Program promotes wellness and recovery while striving to reduce the stigma of mental illness through community workshops, training sessions, and education and support groups.

Types of programming:

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

For more information, visit:

thunderbay.cmha.ca/programs-services/education-and-training-program



Canadian Mental
Health Association
Thunder Bay
Mental health for all



United Way
Thunder Bay
Funder Agency

Contact:

Education & Training Program, CMHA Thunder Bay
200 Van Norman St., Thunder Bay ON P7A4B8
Tel: 807.683.4952 cmhatb@cmha-tb.on.ca

EDUCATION & TRAINING PROGRAM

Workshops & Training Sessions

- Practical Approaches to Supporting Recovery
- Photovoice Presentations
- Applied Suicide Intervention Skills Training (ASIST) Workshop
- Working with Families: Instilling Hope for Recovery

Education & Support Groups

- Family Mental Health 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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