



# MENTAL HEALTH TRAINING OFFER

FOR COMMUNITY  
ORGANIZATIONS



for loved ones in mental health

## ABOUT THE TRAINING OFFER

Our mental health training program is specifically designed to offer you the tools needed to better intervene with the mental health issues that your clientele can be facing and to meet their needs. Our training program helps you to: gain a better understanding of what mental health is; grasp its potential challenges; develop appropriate relational strategies; and take care of yourself. Ultimately, the concept of caregiving to loved ones is a central element in all of our training workshops.

## OUR 5 TRAINING WORKSHOPS

duration of a workshop: 2 hours

### Understanding mental health and its issues



What is mental health and what are the different mental health disorders? What are the impacts on the friends and family members of a person living with mental health issues?

### Mental health and youth



This training's goal is to offer knowledge about mental health issues in young people by recognizing risk factors and manifestations of mental health disorders. This training workshop also explores the caregiving role that some young people can take and how it can affect their wellbeing. Strategies to adopt a healthy caregiving role will also be discussed.

## Mental health and aging



What mental health issues are related to aging and autonomy loss? This training will allow you to understand the risk and protection factors for a balanced mental health, as well as exploring some intervention strategies.

## Understand to respond better



This training aims to offer you basic knowledge about a specific mental health disorder and to allow you to identify its early signs and the impacts it can have on the people surrounding the person living with the mental health disorder. How to develop healthy relational strategies will also be discussed in these training workshops.

- Borderline personality disorder
- Bipolar disorders
- Anxiety
- Psychosis
- Depressive disorders

## Supporting without burning out in the communitary workplace



A training that offers theoretical and practical knowledge about burn out in the communitary workplace, that stimulates reflections and the development of strategies about the importance of self care.

# ADVANTAGES

The workshops are adapted for community organizations, given by experts on mental health from Arborescence, a key organization in mental health for more than 40 years.

Interactive approach and flexibility regarding everyone's schedule and availability. The training workshops are available in French and English.

# TO REGISTER

Our workshops are free for community organizations in Montreal.

You can register on our website: [www.arborescence.quebec](http://www.arborescence.quebec) under **mental health training for community organizations**.

You can also scan the QR code that will redirect you to the registration form.

Don't miss this opportunity to enhance your skills and to improve the quality of support you can offer.

Please feel free to contact us if you have any questions at [formation@arborescence.quebec](mailto:formation@arborescence.quebec)

