

ADVANTAGES

Training tailored to professionals working in community and non-profit organizations, offered by psychosocial workers from Arborescence, a key organization in mental health for over 40 years.

- **Interactive approach.**
- Available in **English and French.**

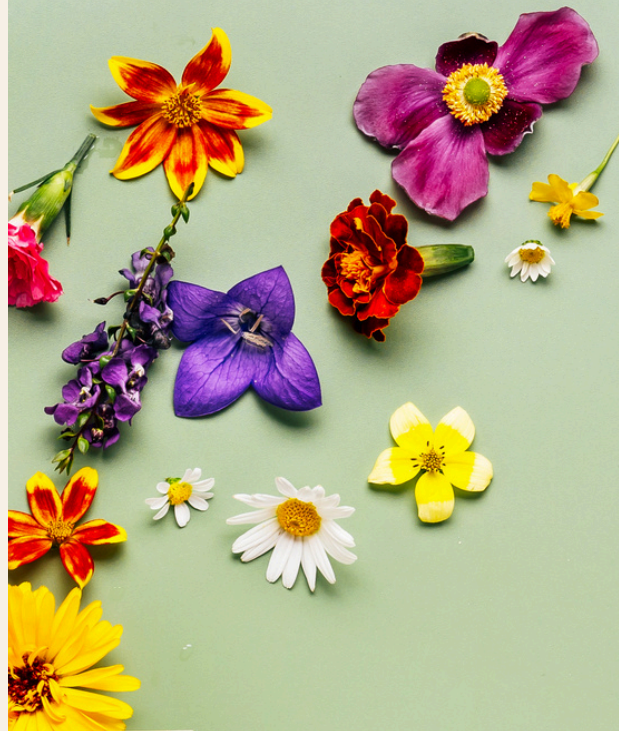
Visit our website for more details and to learn about our rates.

TO REGISTER

Register directly on our website: www.arborescence.quebec, under 'Services for Organizations'. You can also scan the QR code to find the registration form.

Do not miss this opportunity to reinforce your knowledge about mental health.

Any questions ? Don't hesitate to contact us: formation@arborescence.quebec



MENTAL HEALTH TRAINING

FOR COMMUNITY AND
NONPROFIT ORGANIZATIONS



for loved ones in mental health

ABOUT

Arborescence, a community organization that works with caregivers in mental health, offers a unique program of nine trainings, specifically designed for employees and volunteers of non-profit organizations, including community organizations.

The program's goal is to offer essential information, to raise awareness about mental health, and to help build confidence working with people living with mental health issues.

OUR TRAININGS

length: 2 hours

Understanding mental health



This training aims to offer information about the different aspects of mental health and to raise awareness about the realities of 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.

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. This training is specifically designed for professionals who work with seniors.

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. You can choose one of the following options:

- 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 burnout in the communitary workplace, that stimulates reflections and the development of strategies about the importance of self care.