



TRAINING for SWELL Program

Strengthening Wellness Education to Love Life

You are Invited to build capacity within your organization!

Strengthening Wellness Education to Love Life (SWELL) program in partnership with the Ma Mawi Wi Chi Itata Centre and the Canadian Mental Health Association of Winnipeg. Working in partnership to build capacity, youth voice and leadership, making culturally relevant mental health programs and evidence based mental health supports accessible to empower Indigenous youth and their families. Including: Mental Health First Aid for First Nations (MHFA-FN), safeTALK Training, deliver culturally appropriate, community-based mental health programs: Living Life To The Full (LLTFF), Listening To One Another (LTOA) and annual Indigenous Youth Summit on Mental Health.

safeTALK – suicide alertness for everyone

(half-day Training: Snack)

Description: safeTALK helps participants become alert to suicide to be better prepared to connect persons with thoughts of suicide and provide life-affirming support. Participants will learn to: notice and respond to situations where suicide thoughts may be present; recognize that invitations for help are often overlooked; move beyond the common tendency to miss, dismiss, and avoid suicide; apply the TALK steps: Tell, Ask, Listen, KeepSafe, and; know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

COST: \$10/person with subsidy from SWELL program (training is provided with books and snacks)

Schedule: 2018 Oct 9 & 23 | Nov 6 & 20 | Dec 4 | 2019 Jan 15 & 29 | Feb 12 & 26 | Mar 12 & 26 |
Apr 9 & 23 | May 7 & 21 | Jul 2 & 16 | Aug 13 & 27 | Sep 10 & 24 | Oct 8 & 22 | Nov 5

Time: 9:00 am to 12:00 pm **Location:** 445 King Street, Winnipeg, MB

Mental Health First Aid – For First Nations (MHFA-FN)

(3-day Training: Lunch)

Description: Mental Health First Aid for First Nations is designed to have open and honest conversations about mental health with family, friends, and others. Participants will reflect on their life experiences and acknowledge historical impacts and explore ways to restore balance on their journey to wellness. Participants will learn: Increase awareness, increase confidence, and decrease stigma. Mandatory attendance is required for 3-full days of training. Elder and Peer Support Person is included in the price.

COST: \$400/person (training is provided with books and lunch)

Schedule: 2018: Oct 22-24 | Nov 19-21 | 2019 – Mar 11-13 | Apr 15-17 | May 13-15 | Aug 12-14 |
Sept 16-18 | Oct 14-16 | Nov 11-13

Time: 9:00 am to 5:00 pm **Location:** 445 King Street, Winnipeg, MB

Registration

To register please use the attached registration form. You may also request a specific training for your organization! For details contact Jacqueline Trout at HR@mamawi.com or call 204-925-4480.

Funding for SWELL is provided by: Bell LetsTalk and Unifor



TRAINING for SWELL Program

Strengthening Wellness Education to Love Life

REGISTRATION FORM: 2018 / 2019

safeTALK – suicide alertness for everyone (3 hours)

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Oct 9, 2018 | <input type="checkbox"/> Oct 23, 2018 |
| <input type="checkbox"/> Nov 6, 2018 | <input type="checkbox"/> Nov 20, 2018 |
| <input type="checkbox"/> Dec 4, 2018 | <input type="checkbox"/> Jan 15, 2019 |
| <input type="checkbox"/> Jan 29, 2019 | <input type="checkbox"/> Feb 26, 2019 |
| <input type="checkbox"/> Feb 12, 2019 | <input type="checkbox"/> Mar 12, 2019 |
| <input type="checkbox"/> Mar 26, 2019 | <input type="checkbox"/> Apr 9, 2019 |
| <input type="checkbox"/> Apr 23, 2019 | <input type="checkbox"/> May 7, 2019 |
| <input type="checkbox"/> May 21, 2019 | <input type="checkbox"/> Jul 2, 2019 |
| <input type="checkbox"/> Jul 16, 2019 | <input type="checkbox"/> Aug 13, 2019 |
| <input type="checkbox"/> Aug 27, 2019 | <input type="checkbox"/> Sep 10, 2019 |
| <input type="checkbox"/> Sep 24, 2019 | <input type="checkbox"/> Oct 8, 2019 |
| <input type="checkbox"/> Oct 22, 2019 | <input type="checkbox"/> Nov 5, 2019 |

_____ x \$10 per person = _____ Total

Mental Health First Aid – For First Nations (MHFA-FN) (3 days)

- Oct 22-24, 2018
- Nov 19-21, 2018
- Mar 11-13, 2019
- Apr 15-17, 2019
- May 13-15, 2019
- Aug 12-14, 2019
- Sept 16-18, 2019
- Oct 14-16, 2019
- Nov 11-13, 2019

_____ x \$400 per person = _____ Total

Contact Information (Please PRINT clearly)

Name: _____

Organization: _____

Address: _____

Phone Number: _____

Email Address: _____

Food Allergies: _____

To register or for more information contact: Jacqueline Trout at HR@mamawi.com or by phone 204- 925-4480, fax 204-946-5042

Payable by cheque or money order to “Ma Mawi Wi Chi Itata Centre Inc”
350-200 Alpine Way, Headingley, MB R4H 0B7

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