



MYTHS & REALITIES OF MENTAL ILLNESS

AN AWARENESS WORKSHOP FOR FRONTLINE WORKERS

April 7, 2010

9 a.m. to 5 p.m.

Canadian Mental Health Association
Ottawa Branch
1355 Bank Street, Suite 402
Ottawa, ON K1H 8K7
Tel: 613-737-7791
Website: www.cmhaottawa.ca

WHO SHOULD TAKE THIS WORKSHOP?

Front-line staff working within the social service sector, health and mental health agencies, police, counsellors and community volunteers will benefit from this workshop.

Developed by the Canadian Mental Health Association, Ottawa Branch, this interactive workshop will help to increase the awareness and understanding of mental health, mental illness and recovery, and provide tools to assist participants in their response to individual client needs in a supportive manner.

WORKSHOP FORMAT

This is a one-day workshop. The training is a practical and interactive multimedia learning experience.

WHAT YOU'LL LEARN

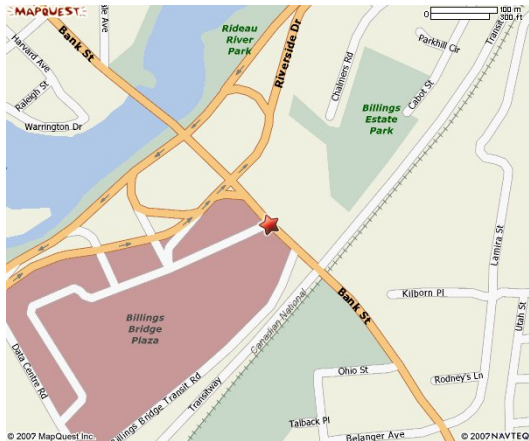
- Characteristics of mental health and mental illness
- How to recognize the signs and symptoms of various mental illnesses, associated risk factors, treatment protocols and short-term client management
- Importance of maintaining stable housing
- Recovery concepts
- Community resources.



PARKING

Limited meter parking is available for a maximum of \$8.00 per day payable by coin or credit card.

OUR LOCATION



1355 Bank Street, south of
Riverside Drive, opposite Billings
Bridge Plaza

HOW TO REGISTER

Cost for the one-day training is **\$120.00** (GST included). Send completed registration form along with **Cheque** payable to CMHA, Ottawa Branch to:

**Canadian Mental Health Association,
Ottawa Branch
1355 Bank Street, Suite 301
Ottawa, ON K1H 8K7**

TELEPHONE REGISTRATIONS WILL BE ACCEPTED ONLY IF PAYING BY CREDIT CARD (VISA OR MASTERCARD). Please note that registration must be received 2 weeks prior to the workshop dates.

CANCELLATIONS AND REFUNDS

Full refunds, less a \$10.00 administration fee, will be given when a written request is received two weeks prior to the date of workshop. Registration may be transferred to another person. There will be a \$20.00 charge on all returned cheques.

Registration is limited!

For information about subsidies contact:
CMHA Ottawa
Tel: 613-737-7791
Fax 613-737-7644
Email: info@cmhaottawa.ca

MYTHS & REALITIES OF MENTAL ILLNESS - REGISTRATION FORM
(PLEASE TYPE OR PRINT CLEARLY) **NO REGISTRATION ACCEPTED WITHOUT PAYMENT.**

Registration Fee: \$120.00 (GST included). There will be a \$20.00 charge on all returned cheques.
MAIL TO: CMHA, Ottawa Branch, 1355 Bank Street, Suite 301, Ottawa K1H 8K7.

Name: _____
Organization: _____
Address: _____
City: _____ Province: _____ Postal Code: _____
Telephone: (Home) _____ (Office) _____
Email: _____

Do you need a receipt: YES NO