



Workshop Menu



OFFERED IN PERSON AND/OR VIRTUALLY

General/Overview

- Mental Health First Aid Standard 12 Hr.
- Virtual Mental Health First Aid Standard 8 Hrs.
- Foundations of Mental Wellness 90 Min.
- Mental Health Awareness Training & Tool Building Half Day
- Supporting Others Within Your Means 90 Min.
- Mind & Body at Work Series Full Day

Stress & Self Care

- Fostering Resiliency 90 Min.
- Resilience Workshop Half Day
- Sleep: *Recharging for a Better Tomorrow* 60 Min.
- Stress Conquering Skills: *The Basics* Full Day
- Taking Care of You: *The Importance of Self Care & Stress Management* 90 Min.
- The Resilience Advantage: *Skills for Personal & Professional Effectiveness* Full Day
- Work/Family Balance 90 Min.

Disorder Deep-Dives

- Addiction: *Impacts & Resources* 60 Min.
- Anxiety: *It's More Common Than You Think* 60 Min.
- Compassion Fatigue & Vicarious Trauma Half Day
- Coping with Life: *Are Substances Overshadowing my Today & Tomorrow?* 60 Min.
- Depression: *When the Past Overshadows My Future* 60 Min.
- PTSD: *Why I Might Get It & You May Not* 60 Min.
- Self - Harm 2 Hr.

Supervisors/Leaders/Teams

- Psychological Health & Safety: *Enhancing Workplace Culture* 90 Min.
- Return to Work Strategies: *Workplace Mental Health in Motion* 90 Min.
- Supportive Leadership: *Practical Applications to Tough Talks* 90 Min.
- Team Development Day Full Day
- Team Building 90 Min.
- The Deeper, Darker Side of Communication Half Day

Let's Get Specific

- ASK' Workshop Full Day
- Conflict Resolution 90 Min.
- Critical Incident Stress Management 90 Min.
- De-escalation Strategies 90 Min.
- Mental Health First Aid Youth 14 Hrs.
- Mental Health in Agriculture 4 Hr.
- Navigating Change to Successful Transition 90 Min.
- Our Words Matter: *The Power of Language & Mental Health* 90 Min.

Suicide Awareness, Intervention, & Recovery

- ASIST (Applied Suicide Intervention Skills Training) 2 Days
- ASIST TuneUp Half Day
- safeTALK (Suicide Alertness) Half Day
- Strengthening Families: *In the Wake of Suicide* 2 Hr.
- Suicide Awareness, Prevention, & Intervention Half Day