

Products and Pricing 2019



Canadian Mental
Health Association
Yukon
Mental health for all

Association canadienne
pour la santé mentale
Yukon
La santé mentale pour tous



MHW Core

This workshop provides participants an in depth understanding of mental health and mental illness. It is made up of four modules: Mental Health at Work, Mood and Depression, Stress and Anxiety, and Psychological Health and Safety. Our core workshop features awareness building, responding skills, and collaborative change. This workshop is highly interactive with activities and discussion throughout. By the end of this session, participants will:

- Have a better understanding of mental health
- Be more able to recognize signs and symptoms of common mental illnesses at work
- Start to build confidence in having conversations around mental health concerns
- Build greater comfort in seeking help for themselves and others
- Be more aware of where to look and how to ask for resources

Course length: Full day

Cost: \$2499 up to 15 participants
\$99 each additional participant to 25

MHW In Focus

These workshops take content from the Mental Health Works Core Workshop and focus it to your needs in a half-day format. Workplaces that want to learn more about specific mental health issues or the National Standard for Psychological Health and Safety can now focus on one topic at a time. Course length: Half day

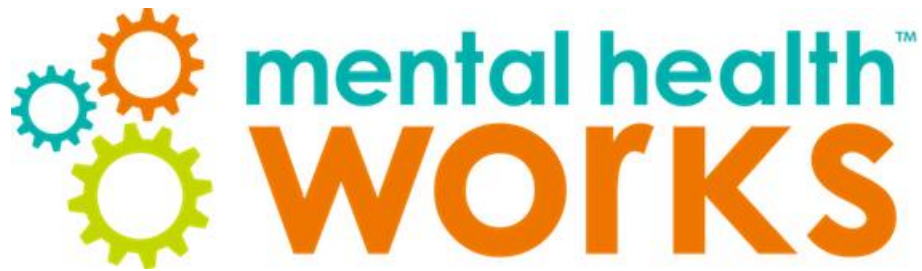
Cost: \$1499 up to 20 participants
\$89 each additional participant up to 30

MHW Essentials

These workshops provide an overview of the most essential ideas and skills in workplace mental health. Short, 60-75 minute presentations can target specific points such as depression, stress, vicarious trauma, psychological health and safety and more.

Cost: \$799 up to 40 participants
\$999 over 40 participants

Are you a small Yukon business? We have options for you! Talk to us today.



Talk to us today to find out more about these workshops and the topics covered. We can tailor the program to fit the needs of your workplace.

Bonnie MacDonald, Program Coordinator

Tiffanie Tasane, Executive Director

668-6429

edmhayukon@gmail.com



**Canadian Mental
Health Association**
Yukon
Mental health for all

**Association canadienne
pour la santé mentale**
Yukon
La santé mentale pour tous

