



The Adult Community Education (ACE) Program

Presentations on Mental Health for Workplaces, Community Organizations and Other Adult Audiences.

CMHA-ER Programs & Services***FREE***

Introduces the programs and services of the Canadian Mental Health Association – Edmonton Region. (30 mins.)

Healthy Workplaces & Stress Management

Helps participants identify and manage workplace stressors, discover strategies for self care, and learn about valuable resources. (1 hr.)

Mental Illness and Stigma

Discusses the stigma associated with mental health and mental illness. The presentation gives insight into how stigma affects us all. Includes time to discuss the problem and possible solutions. (1 hr.)

Mental Illness in Youth and Young Adults

Gives the signs and symptoms of common mental illnesses that present in adolescence, insight into the recovery journey may look like and resources to help. (90 mins.)

Suicide Awareness

Explores myths and facts about suicide, introduces the process of suicide intervention and connects participants with resources in Edmonton. (1 hr.)

Seniors and Mental Health

Explores some of the common mental health problems faced by older adults, tips for maintaining good mental health, and supplies some of the resources available in Edmonton. (1 hr.)

Mental Illness Awareness

Explores facts about mental illnesses, helps participants identify signs of mental illness, and connects them to Edmonton resources to help. (90 mins.)

NEW: Cost Per Presentation: \$150.00*

* Presentations for Not-For-Profit organizations will be by donation.

For questions or to book a presentation,
contact our Education Services Department

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