**Adult Community Education (ACE) Program**

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

Brought to you by Canadian Mental Health Association - Edmonton Region

*About our program:*

The **Adult Community Education** (ACE) program is a collection of presentations for workplaces, community organizations, and other adult audiences that provide information, resources and facilitated dialogue regarding stress and wellbeing, mental illness, stigma and suicide.

*Eligibility Requirements:*

* Presentations are 60 minutes each, unless other specified
* Required equipment: Computer, projector, internet access, and speakers.

*(If you do not have this equipment, please let us know when scheduling the presentation and we will bring our own.)*

* While our presentations are offered free of charge, due to budget constraints, we ask that locations further than 100 KM from our office provide a travel stipend.
* The request form (page 3) must be completed in full.

Presentations are free for not-for-profit organizations and small businesses. Large companies are encouraged to donate. Thank you.

**For questions or to book a presentation,**

**contact our Education Services Administrative Coordinator Kaluba Swaya - P: 780.414.6333**

**E: kswaya@cmha-edmonton.ab.ca**

Presentations available for Adult Community Education (ACE)

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| **CMHA-ER Programs and Services** (30 min) **–** introduction to the programs and services of the Canadian Mental Health association – Edmonton Region |
| **Healthy workplaces and stress management (Employer awareness)** (60 min) – why prioritizing the mental health of your staff is important, skills to identify and manage workplace stressors, discover strategies for self-care, and learn about valuable resources. |
| **Healthy workplaces and stress management (Employee focus)** (60 min) – skills to identify and manage workplace stressors, discover strategies for self-care, and learn about resources. |
| **Introduction to suicide intervention** (60 min)– learn some myths and facts about suicide, be introduced to the process of suicide intervention and learn about resources in Edmonton |
| **Mental illness awareness:** (90 min)Explores facts about mental illnesses, helps participants identify signs of mental illness, and connects them to Edmonton resources to help. |
| **Mental illness in youth and young adults** (90 min) - Gives the signs and symptoms of common mental illnesses that present in adolescence, insight into what the recovery journey may look like and information about resources to help. |
| **Seniors and mental health** (60 min) - An exploration of some of the common mental health problems faced by older adults, tips for maintaining good mental health, and information on some of the resources available in Edmonton. |
| **Mental Illness and stigma** (60 min) - An introduction to the stigma associated with mental health and mental illness. Gives insight into how it affects people with mental illness, plus their friends and family. Includes time to discuss solutions to mental illness stigma. |

**ACE Presentation Request Form**

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| Name of Organization/company:  | Address: |
| Contact person:  | Email:  |
| Phone number for last minute communications: | Anticipated number of attendees: (minimum of 10)  |
| Type of Audience (*what are their roles/job titles?)* |
| What is the reason you are booking this presentation? (ex*. There have been lay-offs, death of a member of the team, general workplace stress, mental health week etc.)* |
| When should the presenter arrive? (up to 30 minutes in advance) |
| Where should the presenter go when they arrive? |
| Who will be waiting for the presenter? |
| How did you hear about us? |
| Any other comments or requests? |
| I have read and understand the eligibility requirements (can be found on page 1) for the Adult Community Education program: Yes / No |

**Requested dates and times:**

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| Title of presentation | Date(s) | Time | Room Name/number |
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