**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 otherwise 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.)*

* We offer these services for the Edmonton Capital Region, however, 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.
* Please supply a cheque to the presenter or request an invoice on this form.

**NEW: Presentation honorarium of $150.00\***

**\*** ***For Not-For-Profit organizations***, please contact us for a reduced rate.

**Any cancellations must be made at least 48 hours prior to the scheduled session.**

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

**contact our Education Services Department**

**P: 780.414.6333**

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

Presentations available for Adult Community Education (ACE)

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| **\*FREE\* CMHA-ER Programs and Services** (30 min) **–** introduction to the programs and services of the Canadian Mental Health association – Edmonton Region |
| **Stress Education and Wellbeing** (60 min) – skills to identify and manage workplace stressors, discover strategies for self-care, and learn about resources. |
| **Suicide Awareness: Myths & Facts** (60 min) – A Centre for Suicide Prevention presentation, it discusses common beliefs about suicide, statistics, and where to learn more.  |
| **Mental illness Awareness** (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. NOTE: this presentation is also a good introduction to mental illnesses in general but the videos presented feature young adults. |
| **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:  |
| 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.)* |
| Is the presentation location wheelchair accessible? |
| Where should the presenter go when they arrive on location? |
| Who will be the contact the day of the presentation? |
| Presentation honorarium is $150 each. Do you require an invoice? YESNO - I will supply a check to the presenter on the day of the presentation. |
| How did you hear about us? |
| 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 | Time | Room Name/number |
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Any other comments, questions or requests?