



MENTAL HEALTH WELLNESS WEBINAR SERIES:

Module 5: Self Care for Mental Health & Wellness

IPMA-Canada is very pleased to announce a series of mental wellness webinars. In each of these module Lindsay will discuss the symptoms and effects these disorders have on people, how co-workers/family members/community members/friends can identify signs someone may be struggling, and then give information and tools about how to support someone struggling with these issues. The series will be a very practical hands on approach for folks.

OUR PRESENTER:

Lindsay Katz, Lindsay Katz Consulting

Lindsay works with various groups throughout Saskatchewan. After graduating from the University of Saskatchewan her focus has been in community psychology focusing on resources, prevention, and education.

Throughout her career, she has worked for a number of community-based organizations, building on existing models, while challenging and advocating for more effective and efficient system outcomes. This has led to opportunities working with the Saskatchewan Ministry of Corrections and Policing, Saskatchewan Ministry of Social Services, the Saskatchewan Health Authority, as well as a number of post-secondary institutions. Some of her work has consisted of developing curriculum, writing policy, implementing programming, and investigating critical incidents relating to mental health and addictions. Her passion is in continuous learning, leadership, and providing accessible education in resiliency training and mental health and wellness.

Lindsay is passionate about developing and connecting people to community resources and advocating for wellness and mental health supports across the province of Saskatchewan, and across Canada. She understands the challenges of the health care system for those affected by mental health issues. She is a certified trainer for the Mental Health Commission of Canada and the owner of Lindsay Katz Consulting, specializing in the delivery of Mental Health First Aid Certification, resiliency training, and navigating the healthcare system.

Module 5: Self Care for Mental Health & Wellness

January 12, 2020

2:00 PM EST

Member Rate: Free
Non-Member Rate:
\$49 Per Module

Registration required for each event.

Register online at www.ipma-aignp.com or email the registration form on the reverse side to ipmacanada@ipma-aignp.com

Registration Form:

Mental Wellness Series: Module 5

January 12, 2021



Cancellation Policy:

Substitutions will be allowed but no refunds will be issued unless written notice is received 14 days prior to the event. IPMA-Canada reserves the right to cancel and refund registrations within seven (7) days of the start of the workshop.

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