Canadian Mental Health Association
Waterloo Wellington

Association Canadienne pour la sante-mentale
Waterloo Wellington

Standard Presentations

Mental Health Promotion and Education Services

PRICING

1 hour session: $500

Pricing subject to change.

Building Better Boundaries

Self-care is about consistently taking steps to support your mental, physical, and emotional well-being. This presentation focuses on practical strategies and tools to make self-care a sustainable part of everyday life.

Challenging Negative Thinking

This presentation outlines common negative thought patterns and offers practical techniques like mindfulness and thought-challenging to manage emotions and reduce stress. It emphasizes awareness, reframing, and using supportive resources for better mental well-being.

De-escalation Skills: Basics

This presentation focuses on empathic communication and emotional regulation to safely de-escalate mental health crises and emphasizes suicide intervention and self-care strategies for professionals to prevent burnout and maintain well-being.

Physical Health for Mental Health

This presentation emphasizes the strong connection between physical health and mental well-being, explaining how factors like exercise, nutrition, sleep, and preventive care can reduce stress and improve resilience. It provides practical strategies for incorporating healthy habits into daily life to support both mental wellness and overall quality of life.

Shame Vulnerability Empathy

Shame thrives in silence and isolation, while vulnerability and empathy help create opportunities for connection and belonging. This presentation focuses on practical ways to embrace vulnerability and practice empathy to turn shame into courage, compassion, and personal growth.

Sustainable Self-Care: Building Capacity

Self-care is about consistently taking steps to support your mental, physical, and emotional well-being. This presentation focuses on practical strategies and tools to make self-care a sustainable part of everyday life.

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The Power of Mindfulness and Gratitude

Mindfulness and gratitude can help reduce stress and enhance overall well-being by encouraging us to stay present and focus on the positive. This presentation explores simple, practical techniques, including breathing exercises and gratitude journaling, that can support mental health and build resilience.

The Practice of Self-Compassion

Self-compassion, being kind and mindful toward yourself, helps reduce stress and anxiety while boosting resilience and overall well-being. This presentation shares practical ways to build this habit, like journaling, affirmations, and reframing negative thoughts.

Understanding Mental Health

Mental health affects everyone and exists on a continuum from wellness to distress. It is shaped by individual, community, and systemic factors, and stigma remains a major barrier to seeking help. This presentation offers practical strategies including self-care, how to support others, and advocating for better mental health resources.

Understanding Resilience

Resilience is the ability to recover from challenges and adapt positively. This presentation highlights its importance for mental health and offers practical strategies like self-care, goal setting, and building supportive relationships.

Understanding Trauma

This session provides an overview of trauma, its impact on mental health, and strategies for fostering resilience. Participants will learn about Adverse Childhood Experiences (ACEs), Post-Traumatic Stress Disorder (PTSD), and trauma-informed care principles to create safe, supportive environments and reduce re-traumatization.