

Community Services
Grande Prairie & Area

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Addiction & Mental Health

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Resource Centre for Suicide
Prevention

Resource Centre for Suicide Prevention

Alberta Health Services

Image retrieved September 14, 2020 from <https://www.health.harvard.edu/blog/fist-bump-better-handshake-cleanliness-201407297305>

(ICAT) Integrated Crisis Access Team

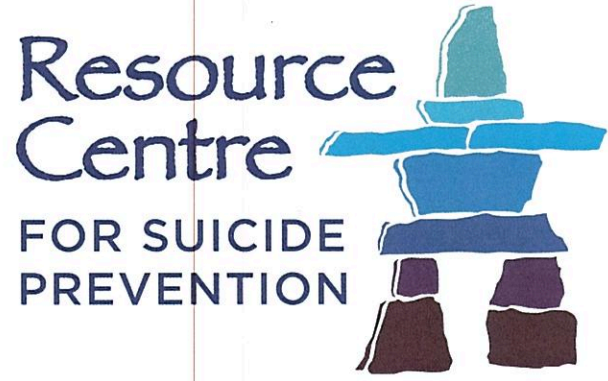
If you are concerned about your own or someone else's substance use, gambling, and/or mental health.

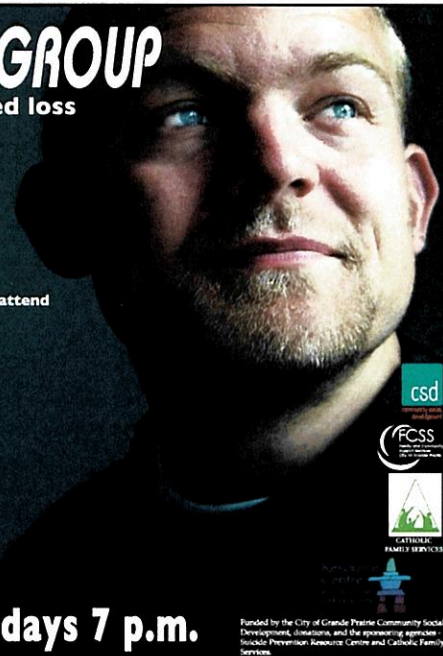
In person: Monday to Friday 9:00am – 4:30pm
3rd Floor Aberdeen Center, Grande Prairie, AB
9728-101 Avenue

By phone: 587-259-5513

Note: this is not a crisis line. The team may be assisting others.
Please leave a detailed message.







MEN'S SUPPORT GROUP
For men who have experienced loss

What kinds of loss?
Losses from relationship break-up, separation, divorce, death, financial loss, health, or job loss

How do I get involved?
The group is open to all men. You don't have to attend every week. A facilitator will be present.

Where?
#200, 10014 99 Street Nordic Court

More information:
Call 780.933.6144 or visit www.sp-rc.ca
or you are welcome to just drop in

Free Drop-in Wednesdays 7 p.m.

cscd
RCSS
CATHOLIC FAMILY SERVICES

Funded by the City of Grande Prairie Community Social Development, donations, and the sponsoring agencies - Toxicology Prevention Resource Centre and Catholic Family Services.

Men's Support Group

Men's Support Group is a free Drop-In group for men who have experienced loss and are struggling to cope. Losses may include relationship break-up, separation, divorce, death, health loss, or financial and job loss.

The group runs every Wednesdays at 7:00 pm out of our office training room at Nordic Court, Room 200, 10014 99 Street.

Please use the front door buzzer to access the building.

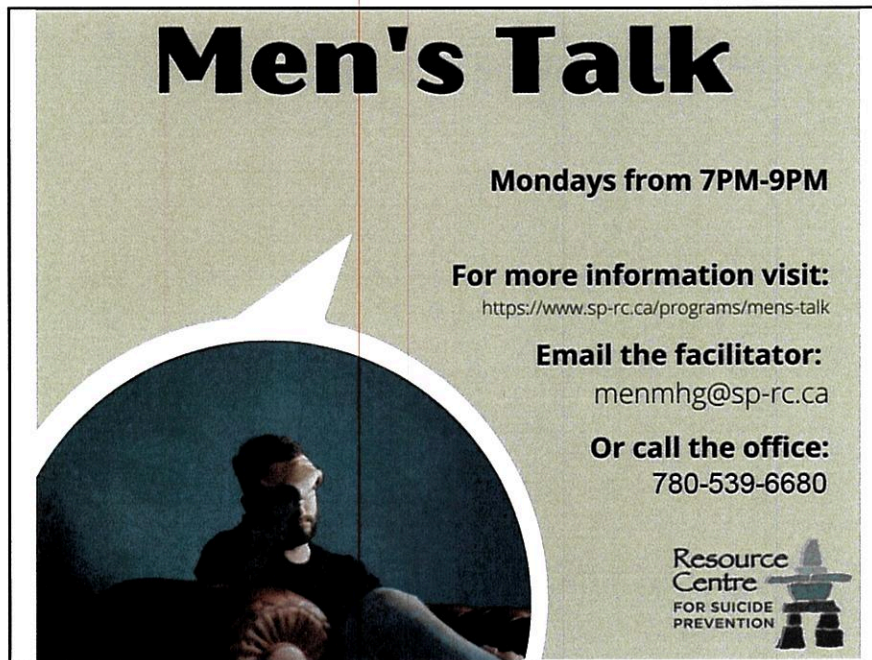
This group is open to all men. You don't have to attend every week.

For more information:

Phone: 780-539-6680

Online: www.sp-rc.ca/programs/mens-support-group

Email: info@sp-rc.ca



Men's Talk

Mondays from 7PM-9PM

For more information visit:
<https://www.sp-rc.ca/programs/mens-talk>

Email the facilitator:
menmhg@sp-rc.ca

Or call the office:
780-539-6680

Resource Centre
FOR SUICIDE PREVENTION

Men's Talk

Men's Talk is a free weekly support group for men with a therapeutic focus. The group runs every Monday night from 7- 9pm.

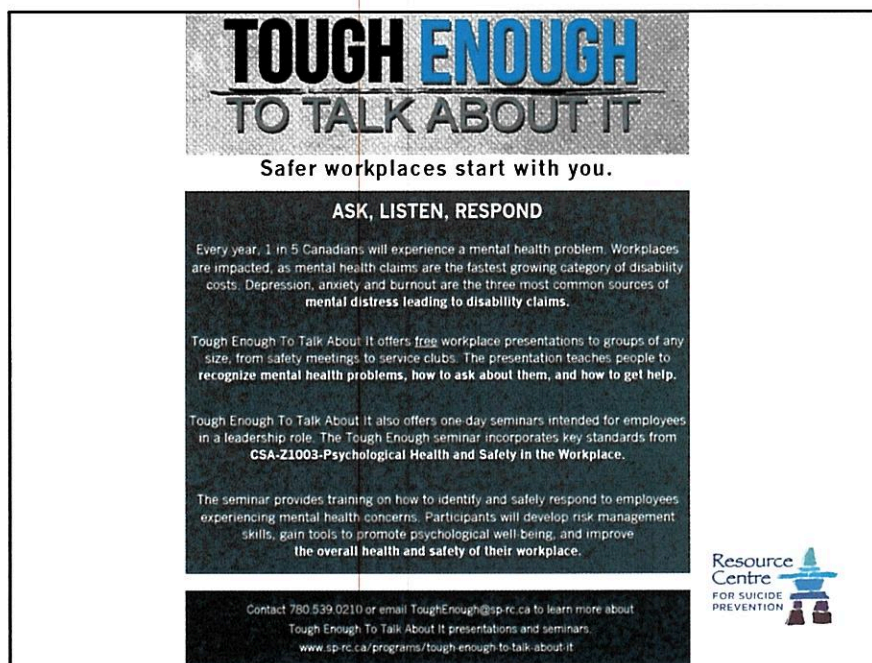
This group will be in addition to our current Wednesday evening group and will provide more structured support with a therapeutic focus with a registered social worker. This group has a therapy focus so participants will be required to register with the facilitator to attend and complete an intake.

For more information:

Phone: 780-539-6680

Online: www.sp-rc.ca/programs/mens-talk

Email: menmhg@sp-rc.ca



**TOUGH ENOUGH
TO TALK ABOUT IT**

Safer workplaces start with you.

ASK, LISTEN, RESPOND

Every year, 1 in 5 Canadians will experience a mental health problem. Workplaces are impacted, as mental health claims are the fastest growing category of disability costs. Depression, anxiety and burnout are the three most common sources of **mental distress leading to disability claims.**

Tough Enough To Talk About It offers free workplace presentations to groups of any size, from safety meetings to service clubs. The presentation teaches people to **recognize mental health problems, how to ask about them, and how to get help.**

Tough Enough To Talk About It also offers one-day seminars intended for employees in a leadership role. The Tough Enough seminar incorporates key standards from **CSA-Z1003-Psychological Health and Safety in the Workplace.**

The seminar provides training on how to identify and safely respond to employees experiencing mental health concerns. Participants will develop risk management skills, gain tools to promote psychological well-being, and improve **the overall health and safety of their workplace.**

Contact 780-539-0210 or email ToughEnough@sp-rc.ca to learn more about Tough Enough To Talk About It presentations and seminars.
www.sp-rc.ca/programs/tough-enough-to-talk-about-it

Resource Centre
FOR SUICIDE PREVENTION

Tough Enough to Talk About it

Tough Enough to Talk About It is a free workplace presentation to provide employees with information on how to recognize mental health problems, how to ask about those issues, and how to arrange for help. The presentation will also cover how to recognize the signs of distress and depression and offers tips for self-care.

In addition to the workplace presentation, Tough Enough to Talk About it will be offering one-day seminars intended for employees in leadership positions. This seminar provides employees with hands-on skills to identify and safely respond to employees experiencing mental health concerns.

The Tough Enough seminar incorporates key standards from CSA-Z1003 Psychological Health and Safety in the Workplace.

Participants will develop risk management skills, gain tools to promote psychological well-being, and improve the overall health and safety culture of their workplace.

For more information:

Phone: 780-539-6680

Online: www.sp-rc.ca/programs/tough-enough-to-talk-about-it

Email: toughenough@sp-rc.ca



Men's Shed is a place for guys to get together, work on a project, and have a cup of coffee.

All men are welcome. Respect is mandatory, but skill is optional.

For more information about Men's Sheds view:
<http://menssheds.ca/about-mens-sheds/>

Training Opportunities:



Tough Enough to Talk About it

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For more information:

Phone: 780-539-6680

Online: www.sp-rc.ca/programs/tough-enough-to-talk-about-it

Email: toughenough@sp-rc.ca

Mental Health Promotion & Illness Prevention

Psychological First Aid for a Pandemic

Resource Centre FOR SUICIDE PREVENTION

Alberta Health Services Provincial Addiction and Mental Health

Psychological First Aid (PFA) is considered to be the first stage intervention during a disaster or emergency. During a pandemic, how we respond looks different but the principles are the same.

PFA Online Training allows responders to provide support over the phone to individuals that may be quarantined, in self-isolation, or practicing physical distancing in order to prevent the spread of a pandemic.

The 2 hour interactive online training will cover essential tools, key PFA action principles, and self-care for responders.

Note:

- Training is done in real-time with opportunities for audience participation.
- Audio required.

Research shows that people recover better after a disaster or emergency if they:

- feel safe and connected to other people
- have social, physical, and emotional support
- feel like they can help themselves and their community

Psychological First Aid (PFA) for a Pandemic

Description - The virtual 2-hour Psychological First Aid (PFA) for a Pandemic is considered to be the first stage intervention. What is PFA?

PFA is an internationally recognized method of support intended to help people immediately after a disaster or emergency.

PFA trained providers give practical support to those affected in a way that respects the person's dignity, culture, and abilities.

PFA can be provided by community members, first responders, and professionals. PFA is not the same as professional mental health treatment (e.g., therapy or counselling).

During a disaster or emergency, PFA trained providers are able to provide information and resources, listen to people's concerns, ensure their basic needs are met, and link them with appropriate resources, as needed.

PFA Virtual Training allows responders to provide support online and over the phone to individuals that may be quarantined, in self-isolation, or practicing physical distancing in order to prevent the spread of a pandemic.

Course Objectives - Participants will:

Understand the timing of interventions for disasters and emergencies, based on the stepped-care model and the use of psychosocial support;

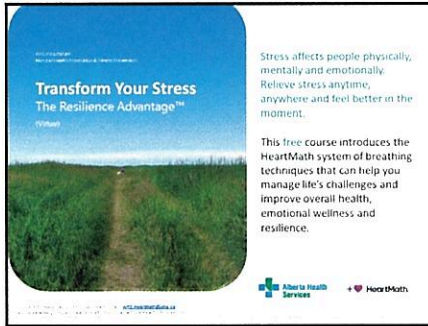
Describe the 4 key principles of Psychological First Aid;

Use self-care strategies and prepare yourself to help others;

Identify people who are experiencing stress and know how to provide practical support;

Understand when to refer people to appropriate community based services and supports.

Transform Your Stress: Strategies for Managing Stress in Challenging Times Public Workshop



Transform Your Stress (Condensed) Psychosocial Response to Disaster – Part 1

Description - Stress affects people physically, mentally and emotionally. Many Albertans have identified feeling stressed with the advent of the COVID-19 pandemic.

This introductory course for clinical and personal use includes a basic discussion of stress plus looks at different ways to manage stress, including 2 *HeartMath* breathing techniques.

Course Objectives - Participants will:

- Discuss the stress response;
- Identify warning signs of stress;
- Make an action plan to address their own stress;
- Review how emotions impact the body, brain, and overall health;
- Participate in 2 practical stress-relieving breathing techniques;
- Discuss how emotional resilience can be enhanced through regular use of the breathing tools

LOCAL COMMUNITIES SUPPORTED:

Beaverlodge
Hythe
Sexsmith
Birch Hills County

Grande Prairie
Rycroft
Spirit River
Wembley

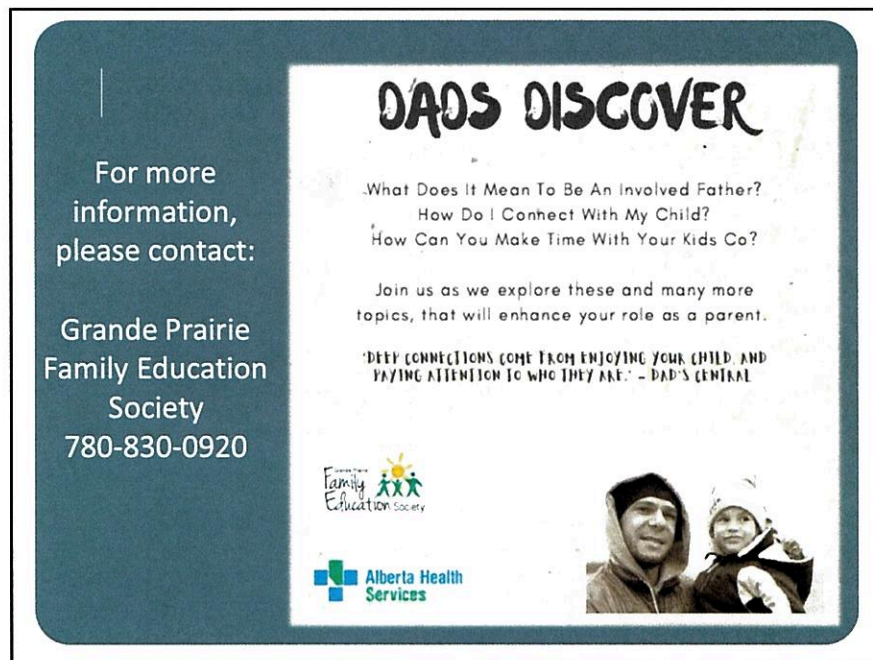
Grande Prairie County No. 1
Saddle Hills County
Spirit River No. 133

To learn more or to register: hubcoordinator@gpfes.com

THE HUB

Grande Prairie and Area
Family Resource Network





Dads Discover – Family Education Society and AHS Addiction and Mental Health

Dads Discover is an educational support group for fathers who are looking to build upon what skills and knowledge they already have by connecting with other fathers and receiving evidence based information.

This eight session program teaches Dads how to better connect with their children and have a positive impact on their lives, in turn enriching their own.

The development of a healthy relationship between a father and son and/or daughter results in both short-term and life-long benefits.

Learn about the unique role a Dad plays in children’s lives along with effective communication strategies, emotional health and awareness, and the distinct stages of child development.

Other essential components that contribute to exceptional Dads and are covered in this group are behavior management, self-care and the significance of play in a father-child relationship.

For more information, please contact the Grande Prairie Family Education Society at 780-830-0920

Dads Support Group

September 29, October 27, November 24 & December 29

Dads support one another and share their parenting experiences; successes and challenges.

Dads will learn different parenting techniques.

Group offers information, referral, education and guest speakers

Active Parenting

0-5 yrs - Starting September 9th @ 1-3 pm until September 30th.

5-12yrs - Starting September 10 @ 1-3pm until October 15th.

How Brain Development affects children's behaviors and decision-making

Improved discipline and communication

How to prevent future use of tobacco, alcohol and other drugs

7 Smart things you can do immediately for school success

Parent Support Group

September 16, October 21, November 18 & December 16

Parents support one another and share their parenting experiences; successes and challenges.

Parents will learn different parenting techniques.

Group offers information, referral, education and guest speakers

Grandparents Support Group

September 21, October 19, November 16 & December 21

Grandparents make connections with other grandparents and support one another.

Supports are through information, referrals, education and guest speakers





Thank you for your
time and attention

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