



CENTRE FOR DIVERSE
WOMEN & FAMILIES

Ethno-Cultural Communities Well-Being Project



Let's Keep Talking About Mental Health

Train the Trainer

The purpose of this project is to train individuals to raise awareness of mental health & well-being in their communities. The project offers 5 different courses that address mental health in the following groups:

1. Mental Health First Aid for Adults who Interact with Youth
2. Mental Health First Aid (Basic)
3. Seniors and Mental Health
4. Women Abuse and Mental Health
5. Children and Mental Health

Each course consists of 12-14 hours of training. Trainees are required to deliver a presentation about their specific course to their communities. Trainees will receive certificates upon completion of the training and community presentation.

Fall & Winter 2018 Training Schedule

Children & Mental Health

Date: Friday, Oct. 12, 19, & 26
Time: 10:00am - 2:30pm
Cost: Free
Location: Centre for Education & Training
263 Queen St. East Unit #14
Brampton, ON L6W 4K6

Seniors & Mental Health

Date: Wednesday, Sept. 19, 26, Oct. 3 & 10
Time: 10:00am - 1:30pm
Cost: Free
Location: MIAG Office

Women Abuse & Mental Health

Date: Tuesday, Sept. 18, 25, Oct. 2 & 9
Time: 5:00pm - 8:30pm
Cost: Free
Location: MIAG Office

Mental Health First Aid for Adults who interact with Youth

Date: Friday, Nov. 16 & 23
Time: 9:00am - 5:00pm
Cost: \$40 Manual Fee
Location: MIAG Office

Mental Health First Aid (Basic)

Date: Thursday, Nov. 1, 8, 15, 22
Time: 5:00pm - 8:15pm
Cost: \$40 Manual Fee
Location: MIAG Office

MIAG Office Location

MIAG Centre for Diverse Women & Families
3034 Palstan Rd. M#4, Mississauga, ON L4Y 2Z6
Off Dundas between Tomken and Dixie
Interested candidates should please contact the Project Coordinator, Linda Le Pera at linda@miag.ca or 905-270-1829.
Priority will be given to MIAG members.



United Way
Greater Toronto