



AAISA.CA

NEW

PROFESSIONAL DEVELOPMENT COURSE OFFERINGS



IN COLLABORATION WITH

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Public Health
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Online-Facilitated

Stigma and Discrimination in Mental Health and Mental Wellness Support

COURSE DESCRIPTION

The course is designed to help clients understand the concepts, nature and impact of stigma and discrimination on clients with mental health needs. It covers issues on how stigma and discrimination affect clients in accessing mental health support, the skills and strategies to improve service provider and client interactions in mental health support.

Audience: Settlement and Integration sector workers

For any questions, contact pd@aaisa.ca

 Date: Sep 22, 2023

 Time: 9:00 am - 12:00 pm

 Register here: <https://forms.office.com/r/yuGqxjqm1S>



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Online-Facilitated

Understanding Culturally Safe Mental Health and Mental Wellness

COURSE DESCRIPTION

The course focuses on how mental health and mental wellness are perceived across different cultures and discusses how practitioners/service providers can support and /or converse with clients about mental health in a culturally safe and stigma-free manner. It explores the interplay between cultural perspectives and mental health/mental wellness support/services. It aims to build awareness and enable trainees to understand how their beliefs and biases affect their practices and the quality of services their clients receive. The course is grounded in practitioners'/service providers' self-reflection and self-awareness about their practices through practical experience and working examples.

Audience: Settlement and Integration sector workers

For any questions, contact pd@aaaisa.ca

 **Date:** Oct 19, 2023 and Oct 20, 2023

 **Time:** 9:00 am - 12:00 pm

 **Registration Opening in October**

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Online-Facilitated

Mental Health System Navigation and Support Mechanisms for Newcomers

COURSE DESCRIPTION

The focus of this course is on mental health system navigation. Trainees will become familiar with Alberta's mental health continuum of care and support mechanisms, focusing on newcomers and how they can navigate and engage with them. The course covers information for trainees on using 211 as a support system for navigating mental health services. It also presents an overview of mental health support mechanisms to address newcomers' needs and concerns.

Audience: Settlement and Integration sector workers

For any questions, contact pd@aaisa.ca

 **Date: Nov 16, 2023**

 **Time: 9:00 am - 12:00 pm**

 **Registration Opening in November**



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Online-Facilitated

It's Complicated

COURSE DESCRIPTION

This course provides the tools and strategies for supporting clients and their families through complex situations, including mental health and substance use concerns. It focuses on identifying the barriers for individuals and families facing complex situations and providing tools to address the barriers.

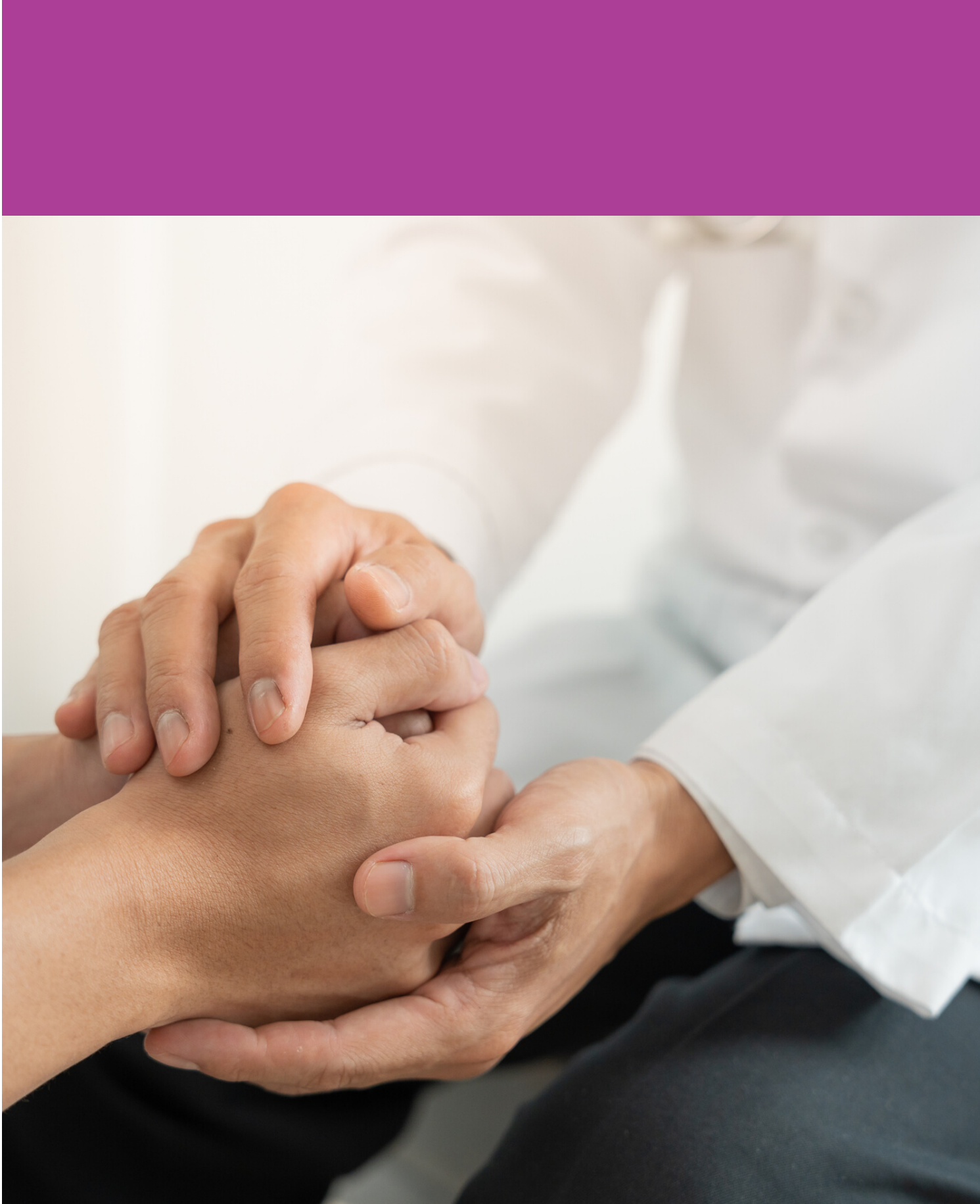
Audience: Settlement and Integration sector workers

For any questions, contact pd@aaisa.ca

 Date: Dec 8, 2023

 Time: 9:00 am - 12:00 pm

 Registration Opening in November



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Online-Facilitated

Having Difficult Conversations/Emotional Resilience and Agility

COURSE DESCRIPTION

This course aims to support clients in identifying emotional hooks and the value of underpinning emotions and help them in managing their inner critic, internal biases, and evaluate emotional agility.

Audience: Settlement and Integration sector workers

For any questions, contact pd@aaisa.ca

 **Date:** Jan 26, 2024

 **Time:** 9:00 am - 12:00 pm

 **Registration Opening in January 2024**



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Online-Facilitated

Building Better Boundaries

COURSE DESCRIPTION

This course aims to help trainees in understanding how and where to set boundaries. It provides an overview of the concept, role and ways of building boundaries in supporting others. It also includes wellness tools and care strategies for practitioners who support clients.

Audience: Settlement and Integration sector workers

For any questions, contact pd@aaisa.ca

 **Date: Feb 15, 2024**

 **Time: 9:00 am - 12:00 pm**

 **Registration Opening in February 2024**



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Online-Facilitated

Mental Health Support Organizational Audit Tool

COURSE DESCRIPTION

This course is designed to help trainees identify the strengths and barriers of their respective organizations in meeting the mental health needs of newcomers. It provides guidance and step-by-step instructions on completing the audit tool within an organization. It focuses on how organizations can utilize the audit tool and apply its findings to improve their capacity in providing services.

Audience: Settlement and Integration sector workers

For any questions, contact pd@aaisa.ca

 **Date:** Feb 15, 2024

 **Time:** 1:00 pm - 2:00 pm

 **Registration Opening in February 2024**

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