

# Strengthening Your Helping Skills

*“What many of us need most when we’re going through difficult times is the opportunity to talk to someone who knows how to listen without making judgments or giving advice, who can give us space to sort out our own thoughts and feelings.”*

*-Moyra Buchan  
former Executive Director CMHA  
Newfoundland / Labrador  
~ Origin of this training ~*

**Date:**

**Wednesday March 2nd &  
Thursday March 3rd, 2011**

9:00 - 5:00 each day

**Location: Guelph**

**To Register:**

e-mail:

[workshops@cmhagrb.on.ca](mailto:workshops@cmhagrb.on.ca)

Or call: 519-766-4450 x385 /  
1-866-448-1603 x385

**Cost:**

**\$95.00 per participant**

If cost is a barrier, please ask the workshop coordinator about subsidies.

What motivates you to help?

Do you find that people often turn to you for support?

Do you sometimes feel overwhelmed or not know how to best respond?

The Canadian Mental Health Association is offering a 2-day, interactive workshop open to all community helpers in: workplaces, human service and volunteer organizations, self-help groups, neighbourhood groups and faith communities. Anyone who would like to enhance their understanding about the **basics of effective helping** is encouraged to register.



**The Workshop Includes:**

- Exploring the nature of helping
- Clarifying values & assumptions about helping
- Understanding what is helpful and what is not
- Creating a safe ‘Helping’ environment
- ‘Tuning in’ to feelings
- Practicing empathic skills
- Practicing active listening skills
- Knowing when to bring in other helpers
- Taking care of yourself as a helper



CANADIAN MENTAL  
HEALTH ASSOCIATION

Grand River Branch

