



Building Community Capacity: 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 judgements 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 ~*

- **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 best to 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.

Dates:
**Monday March 1st &
Tuesday March 2nd, 2010**
9:00 - 5:00 each day

Location: Kitchener

To Register:
e-mail: workshops@cmhagrb.on.ca
or
call: 519-766-4450 x385 or
1-866-448-1603 x385

Cost:
\$95.00 per participant
If cost is a barrier, please ask our workshop coordinator about subsidies.

The Series 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

