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# CTRI

CRISIS & TRAUMA  
RESOURCE INSTITUTE

## CONTACT US:

**WEB:** www.ctrinstitute.com

**PHONE:** 877-353-3205

**FAX:** 204-475-2920

**MAIL:** 120 Sherbrook St.

Winnipeg, MB R3C 2B4

## UPCOMING SK WORKSHOPS!

### MINDFULNESS COUNSELLING STRATEGIES—Activating Compassion and Regulation

*Saskatoon: April 11-12, 2019 (early rate ends March 21)*

This workshop teaches mindfulness, regulation, and activation strategies meant to promote compassionate self-awareness and emotional balance. *Early Rate \$399; Regular Rate \$445*

#### Some of the Topics Covered:

- Key Components of Mindful Awareness
- The Benefits of Mindfulness
- Breathing Strategies
- Cultivating Body Awareness
- Focus on Mindful Movement

*Unable to attend in person? Join the 1 hour live webinar on April 30, or the full day live stream on April 24-25*

### VICARIOUS TRAUMA—Strategies for Resilience

*Regina: March 26, 2019 (early rate ends March 5); Saskatoon: March 28, 2019 (early rate ends March 7)*

This workshop will provide participants with the opportunity to examine their own experiences and become aware of the signs of both vicarious trauma and vicarious growth. *Early Rate \$209; Regular Rate \$235*

*Unable to attend in person? Join the 1 hour live webinar on May 14, or the full day live stream on June 20*

### AUTISM –Strategies for Self-Regulation, Learning and Challenging Behaviours

*Saskatoon: March 19-20, 2019 (early rate ends February 26);*

This workshop provides practical strategies for working with high-need individuals around self-regulation, learning practices, and challenging behaviours. Participants will review a behavioural framework to provide effective strategies for each of these areas, which they will be able to adapt to their own specific environment and context. *Early Rate \$399; Regular Rate \$445*

EARLY RATE ENDS NEXT TUESDAY!

## MORE UPCOMING WORKSHOPS

**NARRATIVE THERAPY- Tools for Exploring Stories**

*Saskatoon: March 6, 2019*

**THE CULTURE QUESTION- The Secret to Employee Engagement**

*Saskatoon: March 26, 2019*

NATIONAL  
EVENT!

## COUNSELLING INSIGHTS CONFERENCE

*Calgary: March 13-15, 2019*

This conference is a unique opportunity to hear from several of the authors of CTRI's book, *Counselling Insights: Practical Strategies for Helping Others with Anxiety, Trauma, Grief, and More.*

*Regular Rate \$685*

## TRAINING OFFERED ON LOCATION—RIGHT WHERE YOU ARE!

CTRI offers over 45 in-person, 1 or 2-day workshops right in your organization.

**Questions? Contact us by e-mail at [info@ctrinstitute.com](mailto:info@ctrinstitute.com) or by phone at 204-452-9199**