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UPCOMING SK WORKSHOPS!

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WALKING THROUGH GRIEF—Helping Others Deal With Loss

Regina: April 6-7, 2020 (early rate ends March 16)

This workshop is designed to give helpers an increased awareness of the dynamics of grief, and to provide tools and strategies to best support someone who is grieving.

Early Rate \$409; Regular Rate \$459

Some of the Topics Reviewed:

- Factors that Shape How Grief is Experienced
- Paths to Healing and Recovery
- Grief and Depression, Trauma and Addictions
- Considerations Related to Culture
- The Role of Remembering and Ritual

Unable to attend in person? Join the 1-hour live webinar May 22

PLAY THERAPY—Tools for Helping Children and Youth

Saskatoon: March 2-3, 2020

This interactive workshop focuses on how to use play therapy strategies to help children and youth positively cope and work through stressful life experiences.

Regular Rate \$459

Unable to attend in person? Join the two-day live stream April 27-28

ADDICTIONS AND MENTAL ILLNESS—Working with Co-Occurring Disorders

Regina: March 9, 2020 (early rate ended); Saskatoon: March 12, 2020 (early rate ends February 20)

This workshop explores the impact of both addiction and mental illness, and looks at theoretical frameworks for working with both issues to help support health and change.

Early Rate \$219; Regular Rate \$249

Unable to attend in person? Join the 1-hour live webinar February 21 or the full-day live stream March 24

MORE UPCOMING WORKSHOPS

HARM REDUCTION—A Framework for Change, Choice, and Control

Saskatoon: Mar 13

MINDFULNESS COUNSELLING STRATEGIES—Activating Compassion and Regulation

Saskatoon: Mar 25-26

CHALLENGING BEHAVIOURS IN YOUTH—Strategies for Intervention

Saskatoon: Mar 28