

Mental Health First Aid Course

Presented By: Charlene Eckstrom & Carla Eckstrom

Registration Fee:

\$40.00

Registration Deadline:

March 5, 2020

Course Code:

NR.FFS20.005IE

Grade Level:

K-12/Tous niveaux Maternelle à 12

Audience:

Administrator/Administration, Counselors/Conseiller en orientation scolaire, Teachers/Enseignants

Date(s):

Thursday, March 05, 2020
8:00 AM - 4:00 PM

Friday, March 06, 2020
8:00 AM - 4:00 PM

Session Location:

Peace Wapiti Academy
11410 - 104 Street, Grande Prairie, AB

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About the Session:

You don't have to be a professional to help friends or family members find healthy ways to deal with their problems. If you think there is something wrong, one conversation can make all the difference. This two-day course is intended for adults who interact with youth aged 12-24 and aims to help recognize the symptoms of mental health problems or crises as they develop. It will allow you to provide initial support to youth, accommodate them while in distress, and guide them towards appropriate professional help.

About the Presenter(s):**Charlene Eckstrom**

Charlene Eckstrom BSc. (HEc.) M.A. RSW, has been a family therapist with PACE in Grande Prairie for over fifteen several years. Charlene has a private clinical practice where she works with people experiencing various issues. Her work at PACE deals primarily with children and teens who have experienced grief, trauma, and a variety of mental health related issues. Prior to her work at PACE, Charlene worked as a school counselor in Grande Prairie. In addition, Charlene is contracted with the Grande Prairie and District Grief Support Association as a Clinical Therapist. Charlene is also an ASIST and Mental Health First Aid Trainer and facilitates an awareness workshop on Self-Harming behaviors. Charlene holds a Master of Arts in Education Counseling.

Carla Eckstrom

Carla Eckstrom BSc. M.A. RSW, has been a family therapist and Assistant Executive Director with PACE in Grande Prairie for over eighteen years. Carla also has a private clinical practice. Her area of expertise is working with children and adults who have experienced trauma, grief, and have various mental health issues. Prior to her work at PACE, Carla was the Executive Director with the RCMP Victims Assistance Program. In addition, Carla is contracted with the Grande Prairie and District Grief Support Association as the Senior Clinical Therapist. Carla is an ASIST and Mental Health First Aid Trainer and facilitates workshops on Grief and Loss and Children and Trauma. Carla holds a Master of Arts in Counseling.

Catering is not prepared in a nut/gluten-free environment.

Photography Release:

This is a public event with the likeliness of photo/video throughout the day. By attending, participants understand they may be captured in photo or video for future presentations or promotional material development. Please see conference hosts if you prefer to not be photographed.

Registration Notes:

**Please note that the program will run 8am till 4pm on March 5th and 6th 2020,
during the MPTC Teachers' Convention**

Registration Cost is \$40 which covers the cost of the course manual

Certificate will follow by email a couple of weeks later.