



FOUNDATION COURSES

MENTAL HEALTH & WELLNESS

Making Mental Health Healthier - Gain a better understanding of mental health and the stigma surrounding mental health.

It's Okay Not to be Okay - Enhance your understanding of when you might not be okay and learn to build sustainability.

The Cost of Caring - Focuses on the impact of stress resulting from those working the frontlines. Learning how to find work/life balance.

TRAUMA

Understanding the Traumatized Brain - Understand the profound effects of trauma on the brain.

Silent Victims: Vicarious Trauma - Focuses on how the experiences of other peoples trauma can impact you.

After the Sirens Stop - Learn about the impact of trauma, the importance of reconnection, and the journey to recovery.

The Anatomy of Trauma - Understanding the impact of trauma, the unique and complex responses to trauma, risk and protective factors, and the importance of healing.

SUICIDE PREVENTION

Suicide Prevention & Intervention - Gain a better understanding of the complexities of suicide with an emphasis on prevention and intervention.

Having Those Difficult Conversations - Learn how to approach and handle those difficult conversations related to mental health and wellness.

TEMA.FOUNDATION

Contact:

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**STRONGER
TOGETHER**

We use the link icon to represent a strong commitment to our partners, our volunteers, and those we help every day. Our tagline clearly defines our role in mental health wellness.

**LINKING PARTNERS
IN MENTAL HEALTH**



FOUNDATION COURSES

FAMILY

Hope & Healing: When Work Follows You Home - The focus will be on hope and healing in order to build resilience.

Moving in the Right Direction - Learning the importance of building and sustaining healthy relationships in order to maintain good support.

Understanding, Supporting & Helping our Helpers - Focuses on the importance of family and friends role in helping our helpers who might be impacted by the cumulative effects of the job.

MANAGEMENT & LEADERSHIP

Effective Communication Techniques from a Mental Health Perspective - Being able to communicate and relate to people and their unique experience of mental health and wellness is vital for meaningful and effective relationships.

Promoting a Positive Workplace Environment - Management plays an important role in ensuring their staff are mentally well.

Adopting Leadership from a Trauma-Lens Perspective - An organization that is trauma informed is one that is welcoming, compassionate and genuine. Learn how to create this in your organization.

Cultivating & Building a Sustainable Culture - This course looks at the unique culture of those working the frontlines and gaining an understanding of the stress of their job.

PEER SUPPORT

Customized 4-5 day Peer Support Training - Includes training in the areas of mental health & wellness, crisis intervention, communication, suicide prevention & intervention, trauma, resiliency, and self-care.

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