

# MPOWER

COMMUNITY AND  
ORGANIZATIONAL  
SUPPORTS

## Professional Education Services



## Training Opportunities



Centre 170  
#145, 10403 172 Street  
Edmonton, AB T5S 1K9

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# Table of Contents

We are proud to be accredited through The Canadian Accreditation Council of Human Services (CAC) and to offer the following training that meet and exceed the minimum standards set at by the CAC.

Table of Contents .....	2
Who We Are .....	3
First Aid/CPR* .....	4
Suicide and Self Harm Intervention Training* .....	5
Mental Health First Aid: Adults who Interact with Youth.....	6
Mental Health First Aid: Basic .....	7
Our Presenters .....	8
Registration Information .....	9
Cancellation Policy .....	9
Facility .....	9

\*Courses required by CAC

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# Who We Are

Professional Educational Services (PES) is a department of MpowR Community and Organizational Supports, providing training opportunities for agencies and schools working with emotionally and behaviourally challenging children and youth. Our programs meet, or exceed the standard training requirements as established by the Canadian Accreditation Council of Human Services (CAC).

Courses are taught by skilled facilitators with expertise in their particular field. Through extensive education, training and personal experience, our facilitators have developed programs sure to fulfill your needs.

Group training rates are available for those interested in booking sessions for their organization. If there is a workshop you are looking for that isn't on our training list, please let us know and we can work together to develop it.

If you have questions or would like further information about our programs, please call or email our office at: **780-440-2390 (ext. 0)** or via email at [pes@mpowrsupports.org](mailto:pes@mpowrsupports.org).

These opportunities are for those who would like to make a positive impact working with children, adolescents and families struggling with emotional, social, psychiatric and/or behavioural problems. These workshops are intended for participants who are new to the field, or have experience and are wanting to build on their existing knowledge and experience base.

They are a must have for parents, teachers, social workers, foster parents, nurses, probation officers, child and youth care workers, psychologists and any others in the human service field.

We look forward to seeing you in our workshops.

## We are located at:

Centre 170  
Suite 145, 10403 – 172 St. NW  
Edmonton, Alberta  
T5S 1K9

Ph: 780-440-2390

Fax: 780-469-1650

Website: [www.upcs.org](http://www.upcs.org)

# Heart & Stroke Foundation

## First Aid/CPR—Level C



### Standard First Aid CPR and AED Level C

The Standard First Aid CPR and AED Level C course contains up-to-date content and science from the Guidelines for First Aid and CPR. In this course, you will learn the essential skills of patient care to protect and support the life of a suddenly ill or injured person until emergency medical services arrive. Instruction will cover first aid skills such as those that help in the control of bleeding, shock management, stabilizing fractures and dislocations.

### Target Group

This course is intended for the general public.

### Standard First Aid CPR AED Level C Content

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Emergency Scene Management                 | <input checked="" type="checkbox"/> Child/Infant CPR and Choking     |
| <input checked="" type="checkbox"/> Shock, Fainting and Unconsciousness        | <input checked="" type="checkbox"/> Secondary Survey                 |
| <input checked="" type="checkbox"/> Bleeding and Wounds                        | <input checked="" type="checkbox"/> Bone, Joint and Muscle Injury    |
| <input checked="" type="checkbox"/> Asthma and Allergies                       | <input checked="" type="checkbox"/> Poisoning                        |
| <input checked="" type="checkbox"/> Head, Spinal and Pelvic Injuries           | <input checked="" type="checkbox"/> Eye Injuries                     |
| <input checked="" type="checkbox"/> Diabetic Emergencies                       | <input checked="" type="checkbox"/> Chest Injuries                   |
| <input checked="" type="checkbox"/> Seizures                                   | <input checked="" type="checkbox"/> Environmental Illness & Injuries |
| <input checked="" type="checkbox"/> Respiratory and Cardiovascular Emergencies | <input checked="" type="checkbox"/> Lifts and Carries                |
| <input checked="" type="checkbox"/> Burns                                      | <input checked="" type="checkbox"/> Multiple Casualty Management     |

**Approximate Course Length:** 16 Hours (2 days)

**Certification Length:** 3 years

**Course Length:** 16 hours

**Location:** Centre 170, Suite145, 10403 – 172 Street, Edmonton, AB T5S 1K9

[Register online](#) for our workshops and you will receive a confirmation reply with more details and payment method (if applicable).

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# Suicide and Self Harm Intervention Training

## Intended Audience:

This workshop is for teachers, educational assistants, social workers, child and youth care workers, child protection staff, nurses, mental health workers, probation officers, family support workers, career counselors, addictions counselors, foster parents, policing and security personnel. Everyone is welcome, whether your interest is casual or professional. Once the workshop is completed, a one day recertification is required every 3 years prior to the expiry date on the previous certificate.

## Learning Objectives:

- ☑ To recognize that persons at risk are affected by personal and societal attitudes about suicide.
- ☑ To recognize behaviours or behavioural patterns indicating self-harm.
- ☑ To understand the “Duty of Care” issues when dealing with self-harm.
- ☑ To understand the documentation required for suicide/self-harm.
- ☑ To identify factors that indicate the risk of suicide.
- ☑ To understand how to discuss suicide with a person at risk.
- ☑ To demonstrate the skills required to intervene with a person at risk of suicide/self-harm.
- ☑ To identify the resources, including themselves, available to a person at risk of suicide/self-harm.
- ☑ To gain commitment to help coordinate social support resources for persons at risk of suicide.

**Course Length:** 8 hours

**Location:** Centre 170, Suite145, 10403 – 172 Street, Edmonton, AB T5S 1K9

[Register online](#) for our workshops and you will receive a confirmation reply with more details and payment method (if applicable).

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# Mental Health First Aid: Adults Who Interact with Youth

## About the course:

*MHFA Canada: Adults Who Interact with Youth* focuses on mental health problems and first aid for youth ages 12 to 24. Mental health problems often first develop during adolescence or early adulthood, with half of all mental disorders beginning by age 14, and 75 per cent beginning by age 24. *MHFA Canada: Adults Who Interact with Youth* has been reviewed by Canadian experts and provides guidelines for giving first aid. MHFA Canada encourages first aiders to take additional training in suicide prevention, physical first aid and dealing with substance-related problems.

## Intended Audience:

This workshop is for child and youth care workers, social workers, teachers, educational assistants, parents, nurses, health care aides, probation officers, police officers, family support workers, and anyone who may have an interest or stake in effecting change in addressing Mental Health problems.

## Content:

*Mental Health First Aid: Adults Who Interact with Youth* (aged 12-24) is a 14-hour course.

The following mental disorders will be discussed:	Crisis first aid skills are learned for the following situations:
<input checked="" type="checkbox"/> Substance related disorders	<input checked="" type="checkbox"/> Substance overdose
<input checked="" type="checkbox"/> Mood related disorders	<input checked="" type="checkbox"/> Suicidal behaviour
<input checked="" type="checkbox"/> Anxiety and trauma related disorders	<input checked="" type="checkbox"/> Panic attack
<input checked="" type="checkbox"/> Psychotic disorders	<input checked="" type="checkbox"/> Acute stress reaction
<input checked="" type="checkbox"/> Eating disorders	<input checked="" type="checkbox"/> Psychotic episode
<input checked="" type="checkbox"/> Deliberate self-injury	

Participants must attend both days in full in order to receive credit for the course.

**Course Length:** 14 hours (2 days)

**Location:** Centre 170, Suite145, 10403 – 172 Street, Edmonton, AB T5S 1K9

[Register online](#) for our workshops and you will receive a confirmation reply with more details and payment method (if applicable).

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# Mental Health First Aid: Basic

Mental health first aid (MHFA) is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.

## Intended Audience:

This workshop is for child and youth care workers, social workers, teachers, educational assistants, parents, nurses, health care aides, probation officers, police officers, family support workers, and anyone who may have an interest or stake in effecting change in addressing Mental Health problems.

## Content:

Mental Health First Aid Basic is a 12-hour course focused on adults interacting with adults in all environments.

The following mental disorders will be discussed:	Crisis first aid skills are learned for the following situations:
<input checked="" type="checkbox"/> Substance related disorders	<input checked="" type="checkbox"/> Substance overdose
<input checked="" type="checkbox"/> Mood related disorders	<input checked="" type="checkbox"/> Suicidal behaviour
<input checked="" type="checkbox"/> Anxiety and trauma related disorders	<input checked="" type="checkbox"/> Panic attack
<input checked="" type="checkbox"/> Psychotic disorders	<input checked="" type="checkbox"/> Acute stress reaction
	<input checked="" type="checkbox"/> Psychotic episode

Participants must attend both days in full in order to receive credit for the course.

**Course Length:** 12 hours (2 days)

**Location:** Centre 170, Suite145, 10403 – 172 Street, Edmonton, AB T5S 1K9

[Register online](#) for our workshops and you will receive a confirmation reply with more details and payment method (if applicable).

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# Our Presenters

**Nelson Presley**, B.A., is the Staff Training Coordinator for Unlimited Potential Community Services (UPCS). Nelson's experience includes a nearly 20 year career in law enforcement. Nelson has also worked as a Family Support Worker and crisis intervention specialist, working with families at risk. Prior to starting with UPCS, Nelson also spent two years working with Edmonton's chronically homeless population as part of a Housing First program. Nelson possesses a wealth of experience in adult education and is an accredited Problem Based Learning instructor with the Police Society for Problem Based Learning as well a certified tactical communications instructor with Verbal Edge International. Nelson holds instructor certifications with the Canadian Heart and Stroke Foundation as a First Aid Instructor, with Mental Health First Aid Canada in both MHFA basic and MHFA for Adults Who Interact with Youth and is also certified to facilitate a number of other workshops including Suicide Intervention.



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# Registration Information

[Register online](#) for our workshops and you will receive a confirmation reply with more details and payment method (if applicable).

If you have questions with regards to any of the Training Opportunities information, do not hesitate to call 780-440-2390 ext. 0 or email [pes@mpowrsupports.org](mailto:pes@mpowrsupports.org)

## Payment Options – please include Invoice Number on Cheques

Payment for the workshop must be received upon registration.

- CASH (exact amount)
- INTERAC
- CREDIT CARD (VISA and MasterCard only) payments may also be completed by phone call 780-440-2390 ext. 0.
- CHEQUES—Make payable to MpowR.

Mail or drop off cheques to: **MpowR**, c/o UP Community Services:  
#145, 10403 – 172 Street, Edmonton, AB, T5S 1K9

NOTE: if payments made by visiting, our office hours are: weekdays between 8:30 am to 12:00 pm and 1:00 pm to 4:00 pm. *Note: payments are not accepted over the lunch hour.*

**If the cheque is made out incorrectly, it will be returned and an Administrative fee charged.**

## Invoicing

Agencies or organizations can arrange **invoicing** by calling 780-440-2390 ext. 0.

## Cancellation Policy

All sessions have limited registration. However, due to speaker and venue guarantees, presentation of all workshops will be dependent upon adequate registration.

If a participant is required to withdraw from a workshop 5 or more business days prior to the workshop, a **full refund** will be issued.

If a participant withdraws between 2-5 business days prior to the workshop, a **\$25 cancellation fee** will apply.

If the participant withdraws less than 2 business days or is absent from the workshop, **no refund** will be issued.

If the instructor must cancel on the day of a course a **full refund** will be issued.

## Facility

All workshops will occur at the following address:

Unlimited Potential Community Services, #145, 10403 – 172 Street, Edmonton, AB T5S 1K9

Our instructors can teach at your facility. For more information on this option, please email: [pes@mpowrsupports.org](mailto:pes@mpowrsupports.org).