

Managing the

IMPACT^{of} mental illness

in the workplace

Oct 25 | Nov 15 | Feb 8



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Breakfast Series
7:30am to 9:00am

This interactive, informative workshop series assists managers, HR professionals and union representatives in finding effective, efficient ways to promote wellness and support those employees who are affected by mental illness.

Oct 25, 2011:
Mental Illness in the Workplace

Mental illness causes more lost work days than any other chronic condition, costing the Canadian economy \$51 billion each year. Dave Gallson, Associate National Executive Director of Mood Disorders Society of Canada, shares his own experience in overcoming depression. He has led a national mental health program that assisted hundreds of employers and 1000 employees. Dave will share his extensive experience in helping organizations develop effective mental health policies and practices.

Nov 15, 2011:
Signs and Symptoms of Mental Illness

One in 5 Canadians is affected by mental illness each year. Statistics show that anxiety and depression are becoming the principal causes of disability claims in the Canadian workforce. This in-depth and interactive workshop will increase participant knowledge and comfort level in identifying signs and symptoms of the most commonly reported mental health issues while providing hands-on strategies for addressing emotional difficulties as they arise.

Feb 8, 2012:
The Elephant in the Room: Dealing with the Stigma of Mental Illness

Being stigmatized for having a mental illness is often worse than the illness itself. Mental illness needs to be part of our daily conversations, part of our lives. This workshop inspires participants to move mental illness out from behind the shadows, into the open, to shift perceptions and beliefs. Participants will learn how to build a workplace culture that supports and promotes mental health and wellness.

Tickets \$59 per session or \$150 for the package of three.
Early Bird Registration for the Series: \$130 by October 1, 2011.
Best Western Lamplighter Inn & Conference Center, London, Ontario

Register at www.fseaphthamesvalley.com
or by calling 519-433-0700 ext. 8301