

STRENGTH BASED STRATEGIES FOR CHALLENGES IN SCHOOL

This six-day online interactive training will explore the meaning of “challenging behaviour,” its risk and protective factors, the role trauma and adverse childhood experiences, cultural considerations and approaches, and practical strategies for strengthening healthy relationships and behaviour.

Intended Audience —

First Nations, Inuit, Métis mental health professionals, community helpers or educators in Ontario who work with Indigenous children in school.

BEAUTIFUL DIFFERENCE:

A PRIMER ON INTELLECTUAL AND DEVELOPMENTAL DISABILITIES FOR INDIGENOUS HELPERS

This four-day online interactive training will provide an overview of developmental disabilities, screening, assessment and diagnosis, support and intervention, physical health, dual diagnosis, and program and policies across Ontario.

Intended Audience —

Ontario-based Indigenous helpers and workers who provide direct services to First Nations, Inuit, and/or Métis peoples living with developmental disabilities.



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Shkaabe Makwa

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AVAILABLE TRAININGS

All trainings are accredited by the Indigenous Certification Board of Canada.

For the training schedule and all other inquires, email:

shkaabemakwa@camh.ca

PIVOTING TOWARDS THE GOOD LIFE:

BRAIDING INDIGENOUS WISDOM WITH ACCEPTANCE AND COMMITMENT THERAPY FOR INDIGENOUS HELPERS

This five-day online interactive training brings together the teachings and stories of Indigenous Knowledge Keepers and an Acceptance and Commitment Therapy stance to support individuals who may be struggling with difficult thoughts and emotions. This training will also include experiential activities, practical tools, and many opportunities for counselling role-playing exercises.

Intended Audience —

First Nations, Inuit, Métis mental health professionals and community helpers in Ontario.

INDIGENOUS HELPER WELLNESS: BUILDING SKILLS FOR SELF-CARE

This three-hour online interactive training will explore Indigenous helper wellness in the context of working with Indigenous communities and service providers. Participants will be able to recognize the signs of vicarious trauma, compassion fatigue, burnout in oneself as a healer, and much more.

Intended Audience —

First Nations, Inuit, Métis mental health professionals and community helpers in Ontario.

TRAUMA-INFORMED CARE FOR HELPERS WHO SUPPORT FIRST NATIONS, INUIT AND MÉTIS

This two-day online interactive training provides an understanding of the impacts of trauma, protective and resiliency factors, trauma informed practices and how to use a trauma informed approach within your organization and with the people you work with.

Intended Audience —

First Nations, Inuit, Métis mental health professionals and community helpers in Ontario.

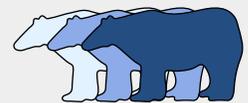
INDIGENOUS APPROACHES TO HARM REDUCTION

This three-hour online training focuses on foundational concepts, principles, and values of Indigenous approaches to Harm Reduction. Participants will be encouraged to draw upon their knowledge, experience, and teachings as they decolonize and reframe understandings of Harm Reduction in their practice.

Intended Audience —

First Nation, Inuit, and Métis mental health professionals and community helpers in Ontario.

ABOUT US



Shkaabe Makwa is a centre for First Nations, Inuit, and Métis wellness at CAMH that supports culturally relevant systems initiatives to achieve health equity and community wellness in collaboration with First Nations, Inuit, and Métis communities and service providers across Ontario. Through the implementation of wise practices, evidence-based models, trauma-informed interventions, and the advancement of research, Shkaabe Makwa strives to transform health outcomes which harmonize traditional knowledge and medical expertise.