

Cognition

July- August, 2020



Addiction and Mental Health

Learning Events

Daily Event Listings Pages 1 – 4

Online Learning Resources Pages 7 - 8

July 6- 7

On Demand Webinar, *Trauma and attachment across the lifespan: Tools and strategies to address complex clients* with Dr Eboni Webb. 12 hours. <http://webinars.jackhirose.com/product/trauma-and-attachment/>

July 6- 8

On Demand Webinar, *Trauma and attachment across the lifetime: Tools and strategies to address complex clients and DBT skills for mental health professionals* with Dr Eboni Webb. 18 hours. <http://webinars.jackhirose.com/product/webb-summer2020/>

July 7

Live Zoom Webinar, *Fetal Alcohol Spectrum Disorder: Strategies for supporting* with Paul Klostermaier-Starewiski. 8 am- 3 pm <https://ca.ctrinstitute.com/workshops/live-stream-fetal-alcohol-spectrum-disorder-strategies-for-supporting-online-jul-7-2020/#tickets>

July 8

Free NAADAC Webinar, *Counselling emerging adults with substance use disorders*. 5- 6:30 pm. <https://www.naadac.org/counseling-emerging-adults-webinar>

July 8

On Demand Webinar, *DBT skills training for mental health professionals* with Dr Eboni Webb. 6 hours. <http://webinars.jackhirose.com/>

July 9

Live Zoom Webinar, *Depression: Practical intervention strategies* with John Koop-Harder 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-depression-7-9/#tickets>

July 13- 24

Online Zoom Training, *Mental Health Counselling Skills Certificate* with Sheri Coburn, John Koop Harder and Heather Woodward. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/mental-health-counselling-skills-certificate-program-2020/>

July 14

CTRI Live Virtual Workshop, *Clinical supervision: Skills for developing counsellors* with Vicki Enns. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/clinical-supervision-skills-for-developing-counsellors-calgary-jul-14-2020/#tickets>

July 15

Psychiatry Child and Adolescent Grand Rounds, *Legal insanity and risk assessment* by Dr Bijlsma. 9 – 10 am. <https://www.ualberta.ca/psychiatry/grand-rounds/child-and-adolescent-psychiatry-grand-rounds/index.html>

July 15- 16

Live Zoom Webinar, *Autism: Strategies for self-regulation, learning and challenging behaviours* by Kalyn Falk. 8 am- 3 pm <https://ca.ctrinstitute.com/workshops/live-virtual-autism-7-15/>

July 16

EHN Webinar, *Gambling addiction* with Laura Polti. 2- 3 pm. <https://www.edgewoodhealthnetwork.com/webinars/>

July 20- 22

On-Demand Webinar, *Three Day Intensive: Advanced Cognitive Behaviour Therapy* with Dr Jeff Rigenbach. <http://webinars.jackhirose.com/product/3-day-cbt/>

July 29- 30

Live Zoom Webinar, *Brief Focused Counselling Skills: Strategies from the leading frameworks* by Sheri Coburn. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-brief-focused-counselling-skills-7-29/>

July 30- August 2

(Online) National Conference on Addiction Disorders, *A virtual experience* <https://www.theaddictionconference.com/>

August 5

Psychiatry Child and Adolescent Grand Rounds, *The ethics of artificial intelligence and risk assessment* by Dr Cockerill. 9- 10 am by Telehealth. <https://www.ualberta.ca/psychiatry/grand-rounds/child-and-adolescent-psychiatry-grand-rounds/index.html>

August 5

NAADAC Webinar, *Increasing effective clinical supervision for Substance Use Disorder treatment providers*. 5- 6 pm. (Free) <https://www.naadac.org/increasing-effective-clinical-supervision-webinar>

August 11- 12

CTRI Workshop, *Brief focused counselling skills: Strategies from the leading frameworks* with Danielle Forth. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/brief-focused-counselling-skills-strategies-from-leading-frameworks-edmonton-aug-11-2020/#tickets>

August 12

Live Zoom Webinar, *Anxiety in children and youth: Practical intervention strategies* with Sheri Coburn. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-anxiety-in-children-and-youth8-12/>

August 19- 20

Live Zoom Webinar, *Trauma: Strategies for resolving the impact of post-traumatic stress* by Vicki Enns. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-trauma-8-19/>

August 20

EHN Webinar, *Recognizing and building resilience with Sandeep Marwa*. 2- 3 pm. <https://www.edgewoodhealthnetwork.com/webinars/>

August 26

Live Zoom Webinar, *Mental health awareness and support* with John Koop-Harder. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-mental-health-awareness-and-support8-26/>

August 26

Forensic Grand Rounds, *Validity in phallometric testing for sexual interest in children* by Ian McPhail. 9- 10 am by telehealth <https://www.ualberta.ca/psychiatry/index.html>

September 4

Virtual Conference, *Building recovery capital* <https://recoverycapitalconference.com/>

September 13- 15

40th Annual Academy of Child and Adolescent Psychiatry Conference, *Understanding and managing risk in child and adolescent psychiatry*. In Calgary. <https://www.cacap-acpea.org/learn/conference/>

September 16

NAADAC Webinar, *Fostering couple recovery: Tools for counselors and therapists* with Dr Robert Navarra. 5- 7 pm. (Free) <https://www.naadac.org/fostering-couple-recovery-webinar>

September 17

PAA Workshop, *Geropsychology research and practice: Helping our clients, helping ourselves* with Dr Candace Konnert. In Edmonton. <https://psychologistsassociation.ab.ca/event-details/?id=114>

September 17

EHN Webinar, *Working with codependency* by Rachel Hundert. 2- 3 pm. <https://www.edgewoodhealthnetwork.com/webinars/>

September 17- 18

Emotionally Focused Therapy Edmonton, *Core skills training* with Veronica Kallos-Lilly. <https://eftedmonton.com/training-events/2020/1/17/core-skills-training-pwdn3>

September 22

University of Calgary Grand Rounds, *Are “new standards” for assessing and managing suicide needed in Canada?* by Dr Paul Links. 12- 1 pm by Zoom https://events.ucalgary.ca/#!/view/event/event_id/11017

September 24- November 10

University of Calgary, *Certificate in Cognitive Behavioural Therapy (CBT) Fundamentals* with Dr Deborah Dobson. 30 hours of practice and skill based training in Calgary and online. <https://conted.ucalgary.ca/search/publicCourseSearchDetails.do?method=load&courseId=50467937>

September 25

University of Calgary, Psychiatry Quarterly Update, *OCD Day*. 1- 4 pm in Calgary. https://events.ucalgary.ca/#!/view/event/event_id/18146

September 25- 27

AHS CanREACH CME, *Patient-centered mental health in pediatric primary care* in Edmonton. A three day workshop within a six month online learning program. (\$800) <https://wp.hmhc.ca/canreach/canreach-ppp-training/>

September 26

Live Zoom Webinar, *Anxiety in children and youth: Practical intervention strategies* with Sheri Coburn. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-anxiety-in-children-and-youth11-24/>

September 29

University of Calgary Psychiatry Grand Rounds *Perinatal mental health story and postpartum psychosis*. 12- 1 pm by Zoom. https://events.ucalgary.ca/#!/view/event/event_id/11018

October 1- 2

Workshop, *Traumatic dissociation, emotion dysregulation, and the loss of self: Toward a pathway of recovery* with Dr Ruth Lanius. In Lethbridge. <https://www.ucalgary.ca/pd/>

October 7

CTRI Zoom Live Workshop, *Trauma-informed care: Building a culture of strength* with Nathan Gerbrandt. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-trauma-informed-care-10-7/>

October 9

PAA Workshop, *General assessments for counselling psychologists* with Dr Jamie Dyce. 9 am- 4:30 pm in Edmonton. <https://psychologistsassociation.ab.ca/event-details/?id=113>

October 14- 17

5th Psychedelic Psychotherapy Forum, *2020: Vision and visionaries* in Victoria, BC. <https://www.psychedelicpsychotherapy.ca/>

October 15

EHN Webinar, *Medications used in addiction treatment* with Dr Ilan Nachim. 2- 3 pm. <https://www.edgewoodhealthnetwork.com/webinars/>

October 15- 16

Emotionally Focused Therapy Edmonton, *Core skills training* with Gail Palmer <https://eftedmonton.com/training-events/2020/1/17/core-skills-training-pwdn3>

October 15- 18

13th National Harm Reduction Conference in San Juan, Puerto Rico. <https://harmreduction.org/conference/>

October 16- 17

Canadian Academy of Geriatric Psychiatry, Annual Scientific Meeting in Montreal. <http://www.cagp.ca/Future-Conferences>

October 16- 18

Pain Society of Alberta Conference in Banff. <https://www.painab.ca/>

October 16- 18

AHS CanREACH CME, *Patient-centered mental health in pediatric primary care* in Calgary. A three day course within a six month online learning program. (\$800) <https://wp.hmhc.ca/canreach/canreach-ppp-training/>

October 21

Live Zoom Webinar, *Dialectical Behaviour Therapy: Balancing acceptance and change* with Kimberly Enns. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-dialectical-behaviour-therapy-10-21/>

October 22- 24

Canadian Psychiatric Association, 70th Annual Conference in Vancouver. <https://www.cpa-apc.org/annual-conference/>

October 22- 25

Training, *Prolonged exposure therapy for PTSD* with Dr Megan McElheran. In Calgary. <https://www.ucalgary.ca/pd/>

October 23

PAA Workshop, *Forensic practice: What every psychologist should know* by Dr Roy Frenzel. 9 am- 4:30 pm in Calgary. <https://psychologistsassociation.ab.ca/event-details/?id=115>

October 27

University of Calgary Grand Rounds, *Why psychiatrists must behave like cardiologists when treating first episode psychosis* by Dr Henry Nasrallah. 12- 1 pm by telehealth. https://events.ucalgary.ca/#!/view/event/event_id/11022

October 28

NAADAC Webinar, *Unintended consequences of the cannabis panacea: What addiction specialists need to know* by Dr Susan Bradshaw. 5- 6 pm (Free) <https://www.naadac.org/cannabis-panacea-webinar>

October 29- 30

Alberta Therapeutic Recreation Therapy Symposium, *20/20 never has been so clear* in Calgary. <https://www.alberta-tr.org/professional-development/2020-atra-symposium-in-october-2020/>

October 30

2nd Annual Dr Susan Carpenter Education Day for Developmental Disabilities Mental Health. 8 am- 4 pm in Calgary. https://events.ucalgary.ca/#!/view/event/event_id/18147

October 30

Psychodynamic Psychotherapy Day. 8 am- 4:30 pm in Calgary. https://events.ucalgary.ca/#!/view/event/event_id/56400

November 2- 30

Online Course, *Clinical Social Work Supervision* with Dr Jane Matheson <https://www.ucalgary.ca/pd/workshops>

November 3

Workshop, *Challenging geriatric behaviours* with Steven Atkinson. 8:30 am- 4 pm in Edmonton. https://www.nursinglinks.ca/info_geriatric.html

November 3

University of Calgary Grand Rounds, *Major Depressive Disorder (MDD) and Schizophrenia: Addressing unmet needs with partial agonists at the D2 receptor- A review* by Dr Philip Gorwood. 12- 1 pm by telehealth. https://events.ucalgary.ca/#!/view/event/event_id/11023

November 4

NAADAC Webinar, *Working through Antisocial Personality: Etiology through treatment interventions* by Dr Malcolm Horn. 5- 6:30 pm. (Free). <https://www.naadac.org/working-with-antisocial-personality-webinar>

November 5- 6

CTRI Live Zoom Workshop, *Gender and sexual diversity in youth* with Reece Malone. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-gender-and-sexual-diversity-in-youth11-5/#tickets>

November 5- 6

7th Biennial Eating Disorders Association of Canada Conference in Montreal. <https://www.edac-atac.ca/upcoming-conferences/>

November 6- 10

Online World Professional Association for Transgender Health, 26th Scientific Symposium in Hong Kong. <https://www.wpath.org/>

November 10

University of Calgary Grand Rounds, *Questions as interventions in clinical interviewing* by Dr Karl Tomm. 12- 1 pm by Zoom. https://events.ucalgary.ca/#!/view/event/event_id/11024

November 12- 13

Emotionally Focused Therapy Edmonton, *Core skills training* with Gail Palmer. In Edmonton. <https://eftedmonton.com/training-events/2020/1/17/core-skills-training-pwdn3>

November 12- 14

Canadian Society of Addiction Medicine, Conference, *The world of addiction: Now and the future* in Victoria, BC. <https://csam-smca.org/future-csam-conferences/>

November 17

University of Calgary Psychiatry Rounds, *Drug repurposing in psychiatry- Lets not reinvent the wheel* by Dr Dallas Seitz. 12- 1 pm by Zoom. https://events.ucalgary.ca/#!/view/event/event_id/11025

November 18

NAADAC Webinar, *Adolescents with co-occurring disorders: Already in our care* by Michael Fox. 5- 6:30 pm <https://www.naadac.org/adolescents-with-COD-webinar>

November 18- 19

Live Zoom Webinar, *Body-based trauma counselling strategies* with Vicki Enns. 8 am- 3 pm. <https://ca.ctrinstitute.com/workshops/live-virtual-body-based-trauma-counselling-strategies11-18/>

November 19

EHN Webinar, *The link between trauma and substance use* by Amber Dufy. 2- 3 pm. <https://www.edgewoodhealthnetwork.com/webinars/>

November 27

PAA Workshop, *Trauma and PTSD in first responder populations* with Dr Megan McElheran. 10 am- 4:30 pm. <https://psychologistsassociation.ab.ca/event-details/?id=111>

November 27- 30

Somatic Experiencing Training Edmonton, *A body oriented approach to healing trauma: Beginning I* in Edmonton. <https://www.setrainingedmonton.com/>

December 10- 11

Emotionally Focused Therapy Edmonton, *Core skills training* with Veronica Kallos-Lilly. <https://eftedmonton.com/training-events/2020/1/17/core-skills-training-pwdn3>

December 15

Live Zoom Webinar, *Motivational Interviewing: Strategies for supporting change* with John Koop Harder. 8 am- 3 pm <https://ca.ctrinstitute.com/workshops/live-virtual-motivational-interviewing-12-15/>

December 17

EHN Webinar, *Concurrent acquired brain injuries and substance use* by Kathryn Decker. 2- 3 pm. <https://www.edgewoodhealthnetwork.com/webinars/>

Contact Daniel.scott@ahs.ca with additions, subscriptions, and updates.
Information, Evaluation and Professional Practice, Addiction and Mental Health, Edmonton Zone

Breaking the Silence

Breaking the Silence will be a week-long "event" from June 20th - 27th, encouraging the community to not only get out for some physical activity, but to think and talk about mental health and the impact on all our lives. The goal of the event is simple: raise mental health awareness in all communities and people - from all walks of life - because mental health does not discriminate based on race, gender, ethnicity, age or wealth.



Breaking the Silence is a partnership between CASA and the Mental Health Foundation. This event will help transform how our communities think about mental health and how individuals seek out mental health services. Registration is free and will not be limited to Alberta or Canada. We are going to encourage as many people as possible to register and share a video or picture on social media indicating who they "walk/run for..."

On June 27, we will have 20+ zoom rooms setup with multiple Alberta based mental health organizations + experts where Albertans can go in and learn more about a specific area of mental health and/or get more information about access to services.

Further details are available on breakingthesilenceyeg.ca. We'll be adding workshops throughout the week to create conversation and community around mental health.

Online Learning Resources

- ⚙ **Knowledge Resource Service** The online library for Alberta Health Services staff. Access to journals, data bases, books, drug information, patient teaching information, and other professional resources. Includes an online, searchable, DSM-5 with related texts. <http://krs.libguides.com/mentalhealth>
- ⚙ The **Cochrane Collaboration** provides a systematic review of healthcare treatment practices and promotes the search for evidence in the form of clinical trials and other treatment studies. <http://summaries.cochrane.org/>
- ⚙ **Alberta Family Wellness Initiative** Provides resources for the application of science to addiction and mental health treatment issues. Includes a series of education modules with certification <http://www.albertafamilywellness.org/resources/search>
- ⚙ **CFPC Webinars** *Managing opioid use Disorder in primary care* (simplified practice guidelines) <https://vimeo.com/showcase/5685262/video/340411895> and *Office-based induction of buprenorphine/Naloxone using PEER guidelines*. <https://vimeo.com/showcase/5685262/video/340645534>
- ⚙ **Canadian Centre on Substance Abuse (CCSA)** Online publications intended to contribute to CCSA's national mandate to promote and increase awareness of matters relating to alcohol and drug abuse. <http://www.ccsa.ca/>
- ⚙ **Substance Abuse and Mental Health Services Administration (SAMHSA)** Includes the Treatment Improvement Protocol (TIP) Series of best-practice guidelines for the treatment of substance abuse and numerous other resources. <http://www.samhsa.gov/kap>
- ⚙ **McMaster University** provides a set of reliable and current reviews evaluating the effectiveness of healthcare practices and health promotion. <http://www.healthevidence.org/>
- ⚙ **Alberta Addiction and Mental Health Research Partnership Program** Knowledge Notes are concise summaries of current research in a specific area. <https://www.albertahealthservices.ca/info/Page11244.aspx>
- ⚙ Published clinical guidelines from the **National Institute for Health and Clinical Excellence (NICE)** <http://www.nice.org.uk/guidance/index.jsp?action=byType&type=2&status=3>
- ⚙ A comprehensive collection of psychiatric rating scales and diagnostic aids from the **University of Adelaide** https://libguides.adelaide.edu.au/psychiatry/rating_scales
- ⚙ The **Canadian Agency for Drugs and Technologies in Health (CADTH)** provides decision-makers with the evidence, analysis, advice, and recommendations they require to make informed decisions in health care. <https://www.cadth.ca/evidence-bundles/evidence-on-mental-health>
- ⚙ **Anxiety BC** Video library and other emotional regulation education resources including a phone app <https://www.anxietybc.com/resources/video>
- ⚙ **University of Alberta Grand Rounds** Schedule of weekly Forensic, Adult and Child/Youth grand rounds. Archive includes recordings of Adult and Child & Adolescent Grand Rounds. <https://www.ualberta.ca/psychiatry/grand-rounds> <https://sites.google.com/a/ualberta.ca/psychiatry-grand-rounds-archive/home>
- ⚙ **Developmental Pathways of Addiction and Mental Health** 11 free CME accredited modules on the external AHS Website <https://www.albertahealthservices.ca/info/Page15972.aspx>
- ⚙ **National Education Alliance for Borderline Personality Disorder** Resources include a free online course, podcasts, media library, family education materials, and more. <https://www.borderlinepersonalitydisorder.com/professionals/#>
- ⚙ **Healthy Minds/Healthy Children** The Alberta Health Services Healthy Minds/Healthy Children Online Continuing Professional Development (CPD) program provides accredited, online opportunities in children's mental health. <http://www.albertahealthservices.ca/4718.asp>
- ⚙ **Policy Wise for Children and Families** Their video library provides presentations on research knowledge and evidence on policy issues related to improving the well-being and health of children. <https://policywise.com/browse-resources/video-library/>
- ⚙ **Addiction Counselling Webinars** The National Association for Addiction Professionals (USA) has free and on-demand webinars on a wide range of topics <http://www.naadac.org/webinars>
- ⚙ **University of California Television** provides documentaries, faculty lectures and research symposium <http://www.uctv.tv/search-moreresults.aspx?catSubID=20&subject=health>
- ⚙ **Community Education Service** Free online webinars from presentations at the Alberta Children's Hospital. Sessions are available as Windows Media Video (WMV) recordings or live via Telehealth. <http://fcrs.albertahealthservices.ca/ces/>
- ⚙ **Alberta Quits** Learning materials and videos about tobacco cessation. <https://www.albertaquits.ca/learning/training-videos>
- ⚙ **Chronic Disease Management Education for Health Care Providers** Open enrollment learning modules on a range of topics, including the Provincial Concurrent Capable Learning Series (PCCLS Foundations) <http://cdm.absorbtraining.ca/#/login>
- ⚙ **Trauma Informed Care e-Learning Modules** Six foundational modules and other resources. <http://www.albertahealthservices.ca/info/page15526.aspx>
- ⚙ **Psychwire** Online courses in CBT, ACT, Mindfulness and DBT <https://psychwire.com/>
- ⚙ **TEDEd Mind Matters** Numerous brief videos on topics related to your brain. <https://ed.ted.com/series/mind-matters>

- ⚙ **Suicide Prevention, Risk Assessment & Management (SPRAM)** Interactive e-Learning series of seven modules to support health practitioners' competency in suicide prevention, risk assessment and management of individuals at-risk for suicide. <http://www.albertahealthservices.ca/info/Page14579.aspx>
- ⚙ **Children's Mental Health Learning Series** provides caregivers, families and professionals with helpful information to increase knowledge and help support children and youth with mental health concerns. <http://www.humanservices.alberta.ca/family-community/cmh-learning-series.html>
- ⚙ **Geriatric Grand Rounds** with an evidence-based medicine and inter-professional focus <https://sites.google.com/ualberta.ca/ggr/home>
- ⚙ **University of Calgary** Department of Psychiatry calendar of medical rounds, workshops and conferences is at <http://www.ucalgary.ca/psychiatry/calendar/month/2017-11> The Faculty of Social Work Professional Development Program workshops are listed at: <http://www.ucalgary.ca/pd/> A collection of e-Learning courses is available at <http://ecme.ucalgary.ca/program-listing/>
- ⚙ **TRIP (Turning Research Into Practice)** Clinical search engine designed to allow users to easily find research articles to support practice. <https://www.tripdatabase.com/>
- ⚙ **RNAO Mental Health and Addiction Initiative** Nursing best practice guidelines, education modules and many other resources. <http://rnao.ca/bpg/initiatives/mhai/purpose>
- ⚙ **International Nurses Society on Addictions** An Alberta based forum for Canadian nurses interested in addiction prevention and treatment. <http://intnsacanada.com/>
- ⚙ **Canadian Counselling and Psychotherapy Association** continuing education collection of online courses on a range of mental health and addiction topics. <https://www.mentalhealthacademy.net/ccpa/>
- ⚙ **Harvard Centre on the Developing Child** Guide to the effects of Toxic Stress on addiction and mental health <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>
- ⚙ **CRISM Prairies** a federally-funded national network dedicated to improving health care for people who use substances by facilitating communication and collaboration among addiction service providers, researchers, policy-makers, and people with lived and living experience. <https://crismprairies.ca/>
- ⚙ **Jack Hirose Webinars.** On demand online learning of clinical topics in therapy. <http://webinars.jackhirose.com/>
- ⚙ **Crisis & Trauma Resource Institute** Training in counselling through workshops and webinars. <https://ca.ctrinstitute.com/>
- ⚙ **Understanding Stigma** Online module about the stigmatization of people by healthcare providers. <https://moodle9.camhx.ca/moodle/?lang=en>
- ⚙ The online **Addiction Care and Treatment Online Certificate** is a partnership with UBC Continuing Professional Development and the UBC School of Nursing <https://ubccpd.ca/course/addiction-care-and-treatment>
- ⚙ **Practice Wise.** AHS clinicians, leaders, regulators, researchers, and educators discuss experiences and learn. Online video recordings of sessions. <https://insite.albertahealthservices.ca/hpsp/Page12451.aspx>
- ⚙ **Addiction and Mental Health  Channel (AHS)** Clinical videos from provincial, national, and international experts. <http://www.albertahealthservices.ca/info/page14397.aspx> See also: Mental Health Act presentation at <https://youtu.be/1RVxiKIXqVo> and CTO <https://youtu.be/R-sjqWo07Wo>
- ⚙ **Indigenous Health Program** Information about Indigenous history, social determinants of health, and on strategies for culturally competent care. <http://www.albertahealthservices.ca/info/page7634.aspx>
See also the  playlist <https://www.youtube.com/playlist?list=PLi1tOF1I5ZoUvse4nEljWZCVGIzk8U8S->
- ⚙ **Living Hope** is the Edmonton Suicide prevention strategy. The "11 of us" website has resources to learn the signs and to learn to help. https://11ofus.ca/?gclid=CjwKCAiAaws7uBRAkEiwAMlbZjvB-BCINZQ2NUCLidN9NMgAoogqL0GwrGtv0Zz1Wc6v1shu_Eqoq8RoCnrUQAvD_BwE Contact: lahn.jones@ahs.ca
- ⚙ **Institute of Child Psychology** Alberta based provider of psychological services and training. Online courses for parents and therapists at https://instituteofchildpsychology.com/product-category/online-webinars-and-courses/?mc_cid=9c54c3b01d&mc_eid=bebf37cfa
- ⚙ **Psychiatry Academy** Online courses in Cognitive Behaviour Therapy and other professional development topics. Scheduled sessions and on-demand webinars http://mghcme.org/page/cognitive_behavioral_therapy
- ⚙ **Making Sense of Trauma** Free webinar with practical tools for responding to children and youth <https://makingsenseoftrauma.com/course/making-sense-of-trauma/>
- ⚙ **Mount Royal University** Continuing Competency Certificates include Children's Mental Health, Addiction, and Dementia <https://www.mtroyal.ca/conted/az-programs/categories/>
- ⚙ Online **Mindfulness-Based Stress Reduction (MBSR)** course. Free 8 week training on demand. <https://palousemindfulness.com/>