

# THE PARTNERSHIP TOOLKIT

New resources to build on your skills

**November 8, 2008**

Travelodge Hotel & Conference Centre  
1376 Carling Ave, Ottawa, Ontario

Our communities win when we work and learn in partnerships. These informative presentations are of interest to mental health service providers, crisis workers, community agencies, interested individuals and those serving people in distress.



**distress  
centres**

ontario

MOVING FORWARD THROUGH PARTNERSHIPS

## EDUCATIONAL FORUM

**Join members of Distress Lines and Crisis Lines from throughout Ontario!**

### THE POWER OF OPTIMISM

Lucy MacDonald, who runs a virtual counseling practice, specializes in stress, burnout and anger management. The author of "Learn to be an Optimist" will illustrate that optimistic people have more fun, are healthier and achieve more of their potential. Optimistic thinking is a skill that anyone can learn. Discover how the power of optimism creates purpose, passion and possibility.

### SUICIDE AND CULTURAL DIVERSITY

Suicide crosses all boundaries of age, gender, socio economic status, and culture. Tracey Foster, a certified ASIST trainer and the Manager of Program Support Services for VSO Canada will discuss the factors that are unique to suicide from a cultural perspective. She will also engage participants in how to best strategize prevention and intervention programs to be both culturally sensitive and relevant.

### SELF CARE AND HEALTHY BOUNDARIES

It is important to recognize and understand the difference between stress and wellness; and to identify coping skills and learned behaviors which may or may not be working for you. Patricia Collie, a recognized stress and wellness consultant will lead an interactive workshop that will guide participants to recognize new behaviors and strategies/pathways which can move you to that healthy balance.

### MOTIVATIONAL INTERVIEWING AND THE STIGMA OF MENTAL ILLNESS

Gilles Brideau, has been working in Addictions since 1992 and currently operates a private practice in Sarnia and is a Bilingual Program Consultant with the Centre for Addiction and Mental Health. This day long session will include a primer on motivational interviewing and how this technique is readily adaptable to the distress line model of care. The second component will focus on the stigma of mental illness and how it effects many of our callers, as well as practical approaches to providing empathic support to these individuals.

**Registration information and forms available**

on the website [www.dcontario.org](http://www.dcontario.org), by calling 416.486.2242 or emailing [info@dcontario.org](mailto:info@dcontario.org)