

Do you have, or care for someone with a chronic health condition?

LIVING A HEALTHY LIFE WORKSHOPS

The Central West Self-Management Program offers FREE workshops online and in-person to support you and your loved ones.

SINGLE SESSION WORKSHOPS

GETTING THE MOST FROM YOUR HEALTHCARE APPOINTMENT

Developed by the South West Self-Management Program, this 1-1.5 hour workshop focuses on what to do before, during and after a healthcare appointment through action planning. Ultimately, patients are the most important members of their healthcare team.

HEALTH LITERACY

Developed by the Centre for Collaboration, Motivation & Innovation, this 1-hour workshop focuses on developing health literacy strategies to increase our understanding of healthcare information and recommendations, to help with making informed decisions about our health.

INFORMED DECISION MAKING

Developed by the Centre for Collaboration, Motivation & Innovation, this 1-hour workshop focuses on and the BRAIN worksheet (Benefits, Risks, Alternatives, Intuition, Next Steps) that can help with making an informed decision.

DIABETES, HEALTHY FEET AND YOU

Developed by Wounds Canada, this 2.5-hour workshop helps people learn how to enjoy an active life, keep their feet healthy and prevent foot complications through good diabetic foot care practices.

WORKSHOP ZERO - AN INTRODUCTION TO SELF-MANAGEMENT

A 1-hour overview workshop introducing participants to the Self-Management Toolbox and skills practice to help manage a chronic health condition. This session provides a snapshot of what is offered in a full 6-week program.

WORKSHOP ZERO - AN INTRODUCTION TO BUILDING BETTER CAREGIVERS

A 1-hour overview workshop introducing caregivers to the caregiver Self-Management Toolbox to support skills and stress reduction. This session provides a snapshot of what is offered in a full 6-week program.

These are educational workshops and do not replace the advice of healthcare providers.

**Contact us for a list of upcoming workshops to register
for or to bring these free workshops to your group.**



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6-WEEK SELF-MANAGEMENT PROGRAMS, DEVELOPED BY THE SELF-MANAGEMENT RESOURCE CENTER

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Provides individuals with skills and tools to build confidence and motivation to help manage their chronic health conditions (2.5-hour sessions for 6 weeks).

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Provides individuals with skills and tools to build confidence and motivation to help manage daily tasks of living with chronic pain (2.5-hour sessions for 6 weeks).

DIABETES SELF-MANAGEMENT PROGRAM

Helps support the knowledge and skills people learn from their healthcare providers. This helps to build confidence and motivation to manage daily tasks of living with Type 2 Diabetes (2.5-hour sessions for 6 weeks).

WORKPLACE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Similar to the Chronic Disease Self-Management Program but specifically for the workplace. This program includes techniques to help balance work and home life while managing chronic conditions. (1-hour sessions, twice a week, for 6 weeks).

BUILDING BETTER CAREGIVERS

Designed for caregivers and covers several topics including self-care, managing difficult emotions, communicating with healthcare providers, family, friends and managing difficult care partner behaviours (2.5-hour sessions for 6 weeks).

6-WEEK SELF-MANAGEMENT TOOLKITS, DEVELOPED BY THE SELF-MANAGEMENT RESOURCE CENTER

These mailed toolkits are used with small group weekly conference calls facilitated by a trained Peer Leader. This mode of delivery was developed as alternative methods to make self-management education available to individuals to manage their chronic health conditions, chronic pain and Type 2 Diabetes.

AVAILABLE TOOLKITS

- **CHRONIC DISEASE SELF-MANAGEMENT PROGRAM TOOLKIT**

Provides education to individuals to manage their chronic health conditions (1-hour sessions for 6 weeks).

- **CHRONIC PAIN SELF-MANAGEMENT PROGRAM TOOLKIT**

Provides education to individuals to manage daily tasks of living with chronic pain (1-hour sessions for 6 weeks).

- **DIABETES SELF-MANAGEMENT PROGRAM TOOLKIT**

Provides education to individuals to manage daily tasks of living with Type 2 Diabetes (1-hour sessions for 6 weeks).

4-WEEK MENTAL HEALTH WORKSHOP, DEVELOPED BY ST MICHAEL'S HOSPITAL

MINDFUL AWARENESS STABILIZATION TRAINING

Developed by St. Michael's Hospital and sponsored by the Bell Mental Health Foundation, this 4-week workshop teaches emotion regulation skills and mindfulness practices to help people feel more balanced and present in their daily lives (1.5-hour sessions for 4 weeks).

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