

**Register now!**

# National Spring Education workshop series

CHF Canada is offering three exciting virtual education workshops for co-ops across Canada.

Join us in February, March and April for in-depth discussions on critical issues facing housing co-ops including dementia, climate change, and mental health.

Registration is available for any combination of workshops offered!

Date	Topic	Presenter
February 17, 2024	Understanding Dementia & Dementia Friendly Communities	<u>Alzheimer Society of Manitoba</u>
March 16, 2024	Confronting the Climate Crisis in Co-op Communities	<u>Efficiency Canada</u> <u>Climate Action Manitoba</u>
April 13, 2024	Breaking The Silence: How To Have Supportive Mental Health Conversations	<u>Beverly Beuermann-King</u>

All workshops run from 3:30-5:30pm EST.

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## National Spring Education workshop series

### Pricing

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CHF Canada Member		Non-member
First registrant	\$50 per workshop	\$100 per workshop
Additional registrants	\$35 per workshop	

Max 5 registrants per co-op.

### Workshop descriptions

#### Understanding dementia, & dementia friendly communities

**Feb 17, 2024 3:30-5:30pm EST**

Many housing co-ops in Canada have members living with dementia, and care partners to people living with dementia. This workshop is designed to support participants' understanding of what dementia is, and what it means to be a dementia-friendly community. This workshop will cover:

- Alzheimer's disease and other dementias
- The warning signs of Alzheimer's disease
- What you can do to reduce your risk!
- Interacting with someone living with dementia
- Alzheimer Society of Manitoba Programs & Services
- How to be a dementia-friendly community
- Simple, cost-effective changes to support folks living with dementia and their care partners.

As part of this workshop, participants will be introduced to a free national training tool to support dementia-friendly efforts. Please bring a small piece of paper and a pen to participate in an activity!

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### Confronting climate change in co-op communities

**March 16, 2024 3:30-5:30pm EST**

The impacts of climate change on Canadians, and the world, are increasingly urgent. In this workshop, participants will hear from three speakers committed to taking on the climate crisis. We'll discuss the current state of climate change in Canada and its impact on Canadians, how to communicate the climate crisis in your community to raise awareness and encourage action, and what is already being done in co-op communities.

### Breaking the silence: how to have supportive mental health conversations

**April 13, 2024 3:30-5:30pm EST**

The changes and challenges that we have faced have had a significant impact on the mental health of our community members. Research highlights the vulnerability of our mental well-being, with one in five adults experiencing serious mental health challenges. Silence surrounding mental illness is costly. You may feel ill-equipped to provide meaningful assistance. But what if you could become comfortable having supportive mental health conversations and gain awareness of symptoms and available support options? This workshop empowers you to approach mental health conversations confidently, connecting those in need with life-changing resources. Break the silence, through understanding and the ability to foster. Together, let's create communities where everyone's mental well-being matters.

### Note

All workshops take place on Zoom. Advance registration is required. Participants will receive a link to join their workshops prior to the event time.

### Questions?

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