

NR.FFS20.005IE Mental Health First Aid Course



PRESENTED BY

Charlene Eckstrom & Carla Eckstrom



SERIES SESSIONS

Date	Time
March 05, 2020	8:00 AM - 4:00 PM
March 06, 2020	8:00 AM - 4:00 PM



LOCATION

Peace Wapiti Academy - 11410 - 104 Street

FEE

\$40.00

QUESTIONS?

Contact Us:

nrlc@arpc.ab.ca

[780-882-7988](tel:780-882-7988)

REGISTER ONLINE

Visit our website to register:

nrlc.net

Program

You don't have to be a professional to help friends or family members find healthy ways to deal with their problems. If you think there is something wrong, one conversation can make all the difference. This two-day course is intended for adults who interact with youth aged 12-24 and aims to help recognize the symptoms of mental health problems or crises as they develop. It will allow you to provide initial support to youth, accommodate them while in distress, and guide them towards appropriate professional help.

Presenters

Charlene Eckstrom

Charlene Eckstrom BSc. (HEc.) M.A. RSW, has been a family therapist with PACE in Grande Prairie for over fifteen several years. Charlene has a private clinical practice where she works with people experiencing various issues. Her work at PACE deals primarily with children and teens who have experienced grief, trauma, and a variety of mental health related issues. Prior to her work at PACE, Charlene worked as a school counselor in Grande Prairie. In addition, Charlene is contracted with the Grande Prairie and District Grief Support Association as a Clinical Therapist. Charlene is also an ASIST and Mental Health First Aid Trainer and facilitates an awareness workshop on Self-Harming behaviors. Charlene holds a Master of Arts in Education Counseling.

Carla Eckstrom

Carla Eckstrom BSc. M.A. RSW, has been a family therapist and Assistant Executive Director with PACE in Grande Prairie for over eighteen years. Carla also has a private clinical practice. Her area of expertise is working with children and adults who have experienced trauma, grief, and have various mental health issues. Prior to her work at PACE, Carla was the Executive Director with the RCMP Victims Assistance Program. In addition, Carla is contracted with the Grande Prairie and District Grief Support Association as the Senior Clinical Therapist. Carla is an ASIST and Mental Health First Aid Trainer and facilitates workshops on Grief and Loss and Children and Trauma. Carla holds a Master of Arts in Counseling.

Registration Notes

Please note that the program will run 8am till 4pm on March 5th and 6th 2020, during the MPTC Teachers' Convention

Registration Cost is \$40 which covers the cost of the course manual

Certificate will follow by email a couple of weeks later.