

# TakeControlTakeCharge **Living with** Chronic Pain & Disease



Self Management Program



**You're Invited to a FREE Conference Day on Monday May 13th, 2019**  
sponsored by the Hamilton Niagara Haldimand Brant Self-Management Program

As a previous participant, leader or faculty member of the Self-Management Program we would like you to join us for this valuable information day. **The training is FREE of charge. Breakfast and Lunch will be provided.**

**safeTALK** is a half-day training to make you a "suicide-alert helper." You will learn how to recognize when someone with suicidal thoughts is reaching out to you for help and how to connect them with appropriate intervention resources. Having safeTALK-trained helpers is important for healthy communities and settings. Hands-on practice with a certified trainer will teach you how to move through the TALK steps:

**TELL  
ASK  
LISTEN  
KEEP SAFE**

**Katie Cino** is a Health Promoter with Niagara Region Public Health with a focus on mental health who has been trained in suicide prevention and intentional self-harm.

**Allie Meyers** is a Mental Health Promotion Facilitator with the Canadian Mental Health Association Hamilton who has been trained in suicide prevention and intentional self-harm

Upon successful completion, participants will receive a certificate from the certifying body. A participant workbook is included.

**NaturalCare** is a presentation focused on medical benefits, risks and side effects of medical cannabis from a senior's perspective. You will learn about common methods of ingestion and the products that are legally available under the Cannabis Act. Bring your questions and prepare to participate in an engaging and lively cannabis conversation.

**Whitney Copeland** has 15 plus years of experience working with older adults and seniors living in retirement facilities and home settings. As a Director of Wellness Whitney has focused her career on making a difference in life for seniors. Working with Natural Care Group her focus is on safe Cannabis Services for our most vulnerable sector.

## Details

**Location:** Hamilton Room, Courtyard by Marriott, 1224 Upper James St. Hamilton, ON L9C 3B1

**Time:** 8:30 - 3:30 pm

### Agenda:

8:30 am - Welcome and Introduction  
9:00 am - 12:00 noon - Safe TALK Training  
12:00 noon - 1:00 pm - LUNCH  
1:00 pm - 3:00 pm - Cannabis Training  
3:00 pm - 3:15 pm - Wrap up

**Please RSVP with any special dietary considerations by phone or email no later than May 6th, 2019.**

**905 -521-2100 ext 77127 Email: [kuchard@hhsc.ca](mailto:kuchard@hhsc.ca) or [muia@hhsc.ca](mailto:muia@hhsc.ca)**

**We look forward to seeing you there! Lynn and Stella**