

Do you want to grow a culture of wellness and understanding in your practice?

Do you want to gain a better understanding of your own mental health?

Have you wanted to attend a [Mental Health First Aid™](#) but don't have two full days to spare?

SVMA INVITES YOU TO A SPECIAL WELLNESS EVENT:



The Working Mind (TWM)

An education-based program designed to address and promote mental health and reduce the stigma of mental illness in a workplace setting.

The Mental Health Commission of Canada, creator of [Mental Health First Aid™](#) recently introduced a new four-hour course called [The Working Mind \(TWM\)](#) which uses the Mental Health Continuum Model, and focuses on:

- Dispelling the myths of mental health problems
- Self-awareness of one's own mental health
- Strategies one can apply at each point along the continuum

[Click here for TWM Fact Sheet](#)

FRIDAY JANUARY 24

12:00 – 5:00 pm

Delta Regina Hotel, 1919 Saskatchewan Drive, Regina
Arrival & lunch from 12:00 pm, **TWM** course 1:00 – 5:00 pm
Registration \$100 per person for 4H approved CE and lunch.
Register at www.svma.sk.ca.

This course is open to all Saskatchewan DVMs, RVTs and veterinary staff. Max 25 participants.

Presented by the SVMA Wellness Committee.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

The Working Mind



Health Canada
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