



# PROFESSIONAL DEVELOPMENT

## Understanding Mental Health

One in four Canadians will be touched by mental illness in their lifetimes. There is such a range of experiences and conditions for people dealing with mental illness in the daily lives. Participants will benefit from an overview of current issues, legislation and approaches to supporting people with mental illness.

### This workshop covers the following:

- overview of mental illness in Canada
- addressing hoarding and other conditions in the co-op setting
- diversity and inclusion considerations
- ensuring safety and sensitivity
- addressing an issue: rights and responsibilities for co-ops and members

Duration:  
**Half Day  
Workshop**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_