

# MPOWER

COMMUNITY AND  
ORGANIZATIONAL  
SUPPORTS

## PROFESSIONAL EDUCATIONAL SERVICES



# TRAINING OPPORTUNITIES



Centre 170  
#145, 10403 - 172 Street  
Edmonton, AB T5S 1K9

# Who We Are

Professional Educational Services (PES) is a department of MpowR Community and Organizational Supports, providing training opportunities for agencies and schools working with emotionally and behaviourally challenging children and youth. Our programs meet, or exceed the standard training requirements as established by the Canadian Accreditation Council of Human Services (CAC).

Courses are taught by skilled facilitators with expertise in their particular field. Through extensive education, training and personal experience, our facilitators have developed programs sure to fulfill your needs.

Group training rates are available for those interested in booking sessions for their organization. If there is a workshop you are looking for that isn't on our training list, please let us know and we can work together to develop it.

If you have questions or would like further information about our programs, please call or email our office at: **780-440-2390 (ext. 200)** or via email at [pes@mpowrsupports.org](mailto:pes@mpowrsupports.org).

These opportunities are for those who would like to make a positive impact working with children, adolescents and families struggling with emotional, social, psychiatric and/or behavioural problems. These workshops are intended for participants who are new to the field, or have experience and are wanting to build on their existing knowledge and experience base.

They are a must have for parents, teachers, social workers, foster parents, nurses, probation officers, child and youth care workers, psychologists and any others in the human service field.

We look forward to seeing you in our workshops.

## **We are located at:**

**Centre 170  
Suite 145, 10403 – 172 St. NW  
Edmonton, Alberta  
T5S 1K9**

**Ph: 780-440-2390  
Fax: 780-469-1650  
Website: [www.upcs.org](http://www.upcs.org)**

# Heart & Stroke Foundation

## First Aid/CPR—Level C



### Standard First Aid CPR and AED Level C

The Standard First Aid CPR and AED Level C course contains up-to-date content and science from the Guidelines for First Aid and CPR. In this course, you will learn the essential skills of patient care to protect and support the life of a suddenly ill or injured person until emergency medical services arrive. Instruction will cover first aid skills such as those that help in the control of bleeding, shock management, stabilizing fractures and dislocations.

### Target Group

This course is intended for the general public.

### Standard First Aid CPR AED Level C Content

<ul style="list-style-type: none"><li>✓ Emergency Scene Management</li><li>✓ Shock, Fainting and Unconsciousness</li><li>✓ Bleeding and Wounds</li><li>✓ Asthma and Allergies</li><li>✓ Head, Spinal and Pelvic Injuries</li><li>✓ Diabetic Emergencies</li><li>✓ Seizures</li><li>✓ Respiratory and Cardiovascular Emergencies</li><li>✓ Burns</li></ul>	<ul style="list-style-type: none"><li>✓ Child/Infant CPR and Choking</li><li>✓ Secondary Survey</li><li>✓ Bone, Joint and Muscle Injury</li><li>✓ Poisoning</li><li>✓ Eye Injuries</li><li>✓ Chest Injuries</li><li>✓ Environmental Illness &amp; Injuries</li><li>✓ Lifts and Carries</li><li>✓ Multiple Casualty Management</li></ul>
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**Approximate Course Length:** 16 Hours (2 days)

**Certification Length:** 3 years

**Course Length:** 16 hours

**Location:** Centre 170, Suite145, 10403 – 172 Street, Edmonton, AB T5S 1K9

Register online for our workshops and you will receive a confirmation reply with more details and payment method (if applicable).

# Suicide & Self-Harm Intervention Training

## Intended Audience:

This workshop is for teachers, educational assistants, social workers, child and youth care workers, child protection staff, nurses, mental health workers, probation officers, family support workers, career counselors, addictions counselors, foster parents, policing and security personnel. Everyone is welcome, whether your interest is casual or professional. Once the workshop is completed, a one day recertification is required every 3 years prior to the expiry date on the previous certificate.

## Learning Objectives:

- ✓ To recognize that persons at risk are affected by personal and societal attitudes about suicide.
- ✓ To recognize behaviours or behavioural patterns indicating self-harm.
- ✓ To understand the “Duty of Care” issues when dealing with self-harm.
- ✓ To understand the documentation required for suicide/self-harm.
- ✓ To identify factors that indicate the risk of suicide.
- ✓ To understand how to discuss suicide with a person at risk.
- ✓ To demonstrate the skills required to intervene with a person at risk of suicide/self-harm.
- ✓ To identify the resources, including themselves, available to a person at risk of suicide/self-harm.
- ✓ To gain commitment to help coordinate social support resources for persons at risk of suicide.

**Course Length:** 8 hours

**Platform:** Microsoft Teams – Virtual Online Workshop

Register online for our workshops and you will receive a confirmation reply with more details and payment method (if applicable).

## OUR PRESENTERS

**Jonathan Woo** began his work in the human services field in 2021, supporting para-athletes through the development of individualized training programs and assisting them in advancing their competitive goals. He also gained experience working with families by providing respite care, helping youths with disabilities build essential life skills while fostering inclusion and community connection. In addition, Jonathan has supported at-risk youth across northern Alberta, helping them overcome barriers to achieving stable housing, income, and education. At MpowR, Jonathan facilitates workshops in Crisis Intervention and Suicide & Self-Harm Intervention, bringing his diverse frontline experience and commitment to empowering others into every session.

**Samantha Chartrand** brings over a decade of experience in the human services field. She holds educational credentials in both Social Work and Psychology, and has built a diverse background supporting individuals with disabilities, engaging in collaborative service delivery, and working with youth. Samantha is also a certified instructor in both Crisis Intervention, and Suicide & Self Harm Intervention.

**Hillary Sampson** has worked in the human services sector for approximately 10 years. She began her career in correctional services and has since redirected her passion toward supporting the community's youth. Throughout her career, Hillary has primarily worked in residential facilities serving both youth and adults. She currently manages the Supported Independent Living program at Unlimited Potential and also collaborates with the EnCompass Community Safety Agency. In addition, Hillary facilitates training in Crisis Intervention workshop, and Suicide & Self Harm Intervention.

**Britney Butterworth** has over 13 years of experience in the human services sector. She holds a background in Sociology with a focus on Youth and Families, as well as Psychology. For a decade, Britney worked in Residential Treatment Group Homes, gaining extensive experience in youth support and care. She currently serves as a Supervisor with the Bridges Program at Unlimited Potential. In addition, Britney works relief shifts in youth work and Collaborative Service Delivery, and she facilitates Crisis Intervention workshops.

# REGISTRATION INFORMATION

## Registration Options

- ✓ Email – [pes@mpowrsupports.org](mailto:pes@mpowrsupports.org)
- ✓ By Phone – 780-440-2390 ext. 0

## Payment Options – please include Invoice Number on Cheques

- ✓ CASH (exact amount)
  - ✓ INTERAC
  - ✓ CREDIT CARD (VISA and MasterCard ONLY) - payments may also be completed by phone, call 780-440-2390 ext. 200.
  - ✓ CHEQUES—Make payable to MpowR Community and Organizational Supports
- Mail or drop off cheques to: #145, 10403 – 172 Street, Edmonton, AB, T5S 1K9

***NOTE: if making payments in person, office hours are weekdays from 8:30 am to 4:00 pm, (payments are not accepted during lunch 12:00 to 1:00 pm). If the cheque is made out incorrectly, it will be returned and an administrative fee charged.***

***Payment for the workshop must be received upon registration.***

Agencies or organizations can arrange invoicing by calling 780-440-2390 ext. 200.

## Cancellation Policy

All sessions have limited registration. However, due to speaker and venue guarantees, presentation of all workshops will be dependent upon adequate registration. If a participant is required to withdraw from a workshop 5 or more business days prior to the workshop, a full refund will be issued. If a participant withdraws between 2-5 business days prior to the workshop, a \$25 cancellation fee will apply. If the participant withdraws less than 2 business days or is absent from the workshop, no refund will be issued. If the instructor must cancel on the day of a course a full refund will be issued.

# Facility

All workshops will occur at the following address unless otherwise posted or arranged:

#145, 10403 – 172 Street, Edmonton, AB T5S 1K9

Our instructors can also teach at your facility, for more information on this option

please email: [pes@mpowersupports.org](mailto:pes@mpowersupports.org)

