

Health Care Provider: Self Management Support Training Workshops

Choices and Changes:

This **FREE**, half day workshop is provided by the Central West Self-Management Program in collaboration with the Institute of Healthcare Communication. It is aimed at healthcare providers, and will help clinicians become more effective in supporting clients on their journey to improve lifestyle choices and self-management of their chronic conditions. The workshop consists of mini-lectures, interactive exercises, videotaped case studies and skill practice with peers to provide clinicians with **specific and efficient communication strategies** that can be utilized to support client-centered care. At the end of the workshop, participants will be able to:

- Identify strategies to assess an individual's motivation and readiness for change
- Learn skills and techniques to help influence client behavior

Intended Audience For the Workshops:

Nurses, social workers, pharmacists, physicians, occupational therapists, physiotherapists, kinesiologists, dietitians, care coordinators, administrators, receptionists, policy makers, community support/outreach workers, recreation therapists, healthcare students and volunteers and all other providers who support person-centered care.

Upcoming Workshop Dates:

Workshop	Date	Time	Location
Choices and Changes	September 29 th , 2016	9:00am – 1:00pm	Tony Rose Memorial Sports Centre

Workshop Registration:

Email us at cdsm@williamoslerhs.ca

Or Call us at 1-855-269-8401 ext 6.

Location:

Tony Rose Memorial Sports Centre
Northview Room
6 Northmen Way
Orangeville, ON L9W 3B2

Central West Self-Management Program
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