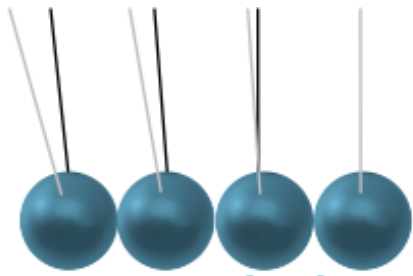


Waypoint Research Institute
7TH Annual Conference



momentum
RESEARCH REALIZED

PRE-CONFERENCE WORKSHOP

MAY 13, 2019

Holiday Inn Hotel & Conference Centre - Barrie, ON

#StigmaEndsWithMe

***This workshop is Complimentary and has been generously supported by the CCSA and CAPSA.*



LIMITED SPACE
REGISTER TODAY!

People living with a variety of mental health and substance use disorders experience stigma and discrimination in many aspects of their life. Stigmatizing attitudes at home, in school, in the workplace, and in society more broadly prevent many individuals from living a meaningful and satisfying life. Stigma can also create perceived and actual barriers to receiving quality health and mental health services, further compounding the negative impact on their wellness and quality of life. In this workshop, a panel of experts will discuss the many facets of stigma, speaking from the perspectives of a person with lived experience, researchers, clinicians, and leaders. Through this workshop, you will learn how you can contribute to making sure #StigmaEndsWithMe.

Learning Objectives:

1. To increase participants' awareness of stigmatizing attitudes towards substance use and substance use disorders, and the harms that these attitudes cause in our society.
2. To increase participants' knowledge of where they need to make personal changes to their own language, attitudes or behaviours.
3. To increase participants' capacity to address stigmatizing language and practices so that they can return to their communities and workplaces with the vision, strategies and resources to challenge stigma at home.
4. To create connections amongst participants to continue to increase effective actions to confront and end stigma in Canada.

This is a half day workshop. Lunch & refreshments are included.

Conference Website: <http://bit.ly/Momentum2019>

Waypoint

CENTRE for MENTAL HEALTH CARE
CENTRE de SOINS de SANTÉ MENTALE