CFMHN 2021 Fall Conference   <u>View this email in your browser</u>

<u>An Interactive Approach to Learning: CFMHN's Fall Conference Workshops</u>

During this conference, we are opening space to listen and learn, to generate momentum, and identify structural and educational strengths and barriers as they emerge from our dialogue, in order to create change. One way we want to enrich the dialogue is by running workshops. These workshops allow you to interact with others and build upon the information you gathered in the session together.

One of our workshops, "Rhythm and Poetry", will be led by <u>Wali Shah</u>, a poet, public speaker, and an alumni of RBC's Top 25 Canadian Immigrants. This session will involve learning about creative writing as a form of self expression.

Check out our sessions and speakers below!

October 19 - <u>Enhancing Resilience and Reducing Burnout: Mindfulness and Self-Compassion for Nurses</u>

October 19 - Meeting Patients Where They Are At: Strategies for Nurse Driven Harm Reduction Interventions in Inpatient Mental Health Settings

October 20 – Government relations and policy change: the importance of advocacy for nursing

October 21 -Regulated Nursing in Canada: Moving Forward to More Inclusive Nursing Voice

October 25 -Improving Indigenous vs Non-Indigenous Relations

October 26 - The Neuroscience of Trauma, Addiction, and Recovery

October 27 - Nurse Wellness through Peer Support

October 27 - Assessing and Treating Alcohol Withdrawal: Best Practices and Clinical Pearls

October 28 - Creating Soul Space: Supporting Street Mental Health Nurses and the Interdisciplinary Team on the Frontlines of COVID-19 and the Opiate Crisis

October 28 - Timely Engagement of patients with addictions during COVID- 19: Lessons Learned

You don't want to miss out, register now!

Sessions will be recorded for on-demand viewing to fit your schedule!

Click here to view our conference agenda!

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