



November 2023 Newsletter

What an action-packed fall we've already had! Courses for Outward Bound Canada, Thompson Rivers University, and Kootenay Boundary Adult Recovery Support Program in full swing or already wrapped up, in addition to all our usual open-enrollment courses. Our **Upgrade** course was particularly rewarding this October, as we had students from all over North America rejoin us to get an advanced certification in supporting folks with trauma, depression, psychosis, grief, suicidal ideation, disordered eating, and much more in field settings.



Outdoor Mental Health Wilderness First Aid classroom at Thompson Rivers University, Kamloops, B.C. - October 2023

I'm so excited for our **final guest speaker** of the 2023 season, **Sean Stevens**: a good friend and someone whom many of you know, as Sean has provided much MHWFA admin support and mindfulness coaching this year. See below and sign up now for Thursday's final free event!

As we're still wrapping up many courses this month, I'm also starting to look ahead to a couple of months of my second maternity leave in early 2024. (*Motherhood is the most vulnerable, challenging, and by far and away the most joyful & rewarding, mental health adventure yet!*) We'll be back in full swing in the spring -- see new 2024 course dates posted below.

All the best,

Daye



Mindfulness for Outdoor Contexts

*Sean Stevens,
Meditation & Mindfulness
Instructor*

November 16



Thursday, November 16 2023, 5:30–7pm Pacific (8:30–10pm Eastern)

Sean says: I am a certified Meditation & Mindfulness Instructor, and the creator/director of [Harkening Deer](#). In addition to coaching, teaching, & facilitating Meditation in a variety of settings, I create meditation tracks & other mindfulness content/resources for world-famous meditation apps Aura, & Insight Timer. I hold certificates in Mental Health Wilderness First Aid, Meditation, & Religious Studies.

Along with my steadfast desire to support people in cultivating & growing a mindfulness practice, I am passionate about nature & spending time in / connecting with nature. Through my work I encourage & guide people to connect on a deeper level to Self, Community, Nature, & All Things. As such, the practices I teach are invaluable in remote settings, such as the settings in which MHWFA alumni & students are located. **In fact, while many self-care / mental health resources are not always available in remote settings, Meditation & Mindfulness always is.** Perhaps a case can be made for these tools being the most powerful & accessible tools at our disposal!

MHWFA Upcoming Courses

Basic "101"

Foundational mental health first aid skills, taught at an introductory level

No experience necessary.

November 25 & 26, 2023 ("Power Weekend", online)

- courses resuming after a short break for mat leave -

April 20 & 27, 2024 (Saturdays, online)

May 7, 14, 21, & 28, 2024 (Tu eves, online)

June 3, 5, 10, & 12, 2024 (Mon & Wed eves, online)

NEW: Upgrade from Basic to 40 hour!

Upgrade your "Basic 101" certification with additional skills to respond to trauma, uncooperative clients, depression, psychosis, grief, disordered eating, self-injury, &/or suicidal ideation.

- courses resuming after a short break for mat leave -

June 15, 22, & 29, 2024, (Saturdays, online)

November 2024, TBA

[Custom course dates arranged upon request.](#)

Mental Health Wilderness First Aid

PO Box 627, Salt Spring Island, BC, V8K 2W2

Mental Health Wilderness First Aid's **mission** is to promote awareness of and skills for supporting mental health to those who live, work, or play in wilderness or remote areas, by providing courses, workshops, consultation, and educational materials.

Our **values** include integrity, accessibility, supported resilience, and integrating evidence-based practice with traditional knowledge.

info@mentalhealthwildernessfirstaid.ca

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)



