

Arpeggio Health Services

Upcoming Training Sessions

See our most up-to-date training schedule and register online at www.arpeggiohealthservices.com
and follow us on Facebook at facebook.com/arpeggiohealthservices.

NEW BRUNSWICK

The Mentally Healthy Workplace (3 hours)

Monday, August 12, 2019 | 1:00 - 4:00 p.m.

Fredericton Inn | Salon C

1315 Regent Street | Fredericton, NB

Registration deadline: Thursday, August 8 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Monday, August 12, 2019 | 5:00 - 8:30 p.m.

Fredericton Inn | Salon C

1315 Regent Street | Fredericton, NB

Registration deadline: Thursday, August 8 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

The Mentally Healthy Workplace (3 hours)

Wednesday, August 14, 2019 | 1:00 - 4:00 p.m.

Days Inn | Hopewell Room

2515 Mountain Road | Moncton, NB

Registration deadline: Thursday, August 8 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Wednesday, August 14, 2019 | 5:00 - 8:30 p.m.

Days Inn | Hopewell Room

2515 Mountain Road | Moncton, NB

Registration deadline: Thursday, August 8 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

The Mentally Healthy Workplace (3 hours)

Monday, August 19, 2019 | 1:00 - 4:00 p.m.

Holiday Inn Express & Suites | Martello Room

400 Main Street | Saint John, NB

Registration deadline: Tuesday, August 13 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Monday, August 19, 2019 | 5:00 – 8:30 p.m.

Holiday Inn Express & Suites | Martello Room

400 Main Street | Saint John, NB

Registration deadline: Tuesday, August 13 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

Mental Health First Aid Basic Training (12 hours)

Tuesday & Wednesday, September 10 & 11, 2019

9:00 a.m. - 4:30 p.m. both days

Fredericton Inn | Salon F

1315 Regent Street | Fredericton, NB

Registration deadline: Tuesday, September 3 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Thursday & Friday, September 12 & 13, 2019

9:00 a.m. - 4:30 p.m. both days

Holiday Inn Express & Suites | W. A. Murphy Room

400 Main Street | Saint John, NB

Registration deadline: Thursday, September 5 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Thursday & Friday, October 24 & 25, 2019

9:00 a.m. - 4:30 p.m. both days

Days Inn & Suites | Hopewell Room

2515 Mountain Road | Moncton, NB

Registration deadline: Thursday, October 17 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Monday & Tuesday, November 4 & 5, 2019

9:00 a.m. - 4:30 p.m. both days

Holiday Inn Express & Suites | Martello Room

400 Main Street | Saint John, NB

Registration deadline: Monday, October 28 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

The Mentally Healthy Workplace (3 hours)

Tuesday, November 5, 2019 | 1:00 - 4:00 p.m.

Days Inn & Suites | Hopewell Room

2515 Mountain Road | Moncton, NB

Registration deadline: Wednesday, October 30 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Tuesday, November 5, 2019 | 5:00 - 8:30 p.m.

Days Inn & Suites | Hopewell Room

2515 Mountain Road | Moncton, NB

Registration deadline: Wednesday, October 30 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

The Mentally Healthy Workplace (3 hours)

Wednesday, November 6, 2019 | 1:00 - 4:00 p.m.

Fredericton Inn | Salon B

1315 Regent Street | Fredericton, NB

Registration deadline: Thursday, October 31 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Wednesday, November 6, 2019 | 5:00 - 8:30 p.m.

Fredericton Inn | Salon B

1315 Regent Street | Fredericton, NB

Registration deadline: Thursday, October 31 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

Mental Health First Aid Basic Training (12 hours)

Wednesday & Thursday, November 13 & 14, 2019

9:00 a.m. - 4:30 p.m. both days

Fredericton Inn | Salon C

1315 Regent Street | Fredericton, NB

Registration deadline: Wednesday, November 6 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

The Mentally Healthy Workplace (3 hours)

Tuesday, November 19, 2019 | 1:00 - 4:00 p.m.

Holiday Inn Express & Suites | W. A. Murphy Room

400 Main Street | Saint John, NB

Registration deadline: Wednesday, November 13 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Tuesday, November 19, 2019 | 5:00 - 8:30 p.m.

Holiday Inn Express & Suites | W. A. Murphy Room

400 Main Street | Saint John, NB

Registration deadline: Wednesday, November 13 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

Mental Health First Aid: Adults who Interact with Youth (14 hours)

Thursday & Friday, December 5 & 6, 2019

8:30 a.m. - 5:00 p.m. both days

Fredericton Inn | Salon A

1315 Regent Street | Fredericton, NB

Registration deadline: Thursday, November 28 or when all 25 seats fill

Course fee: \$219.00 per person + 15% HST = \$251.85 TOTAL

NOVA SCOTIA

Mental Health First Aid Basic Training (12 hours)

Monday & Tuesday, August 26 & 27, 2019

9:00 a.m. - 4:30 p.m. both days

Future Inn | Maple Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Monday, August 19 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid: Adults who Interact with Youth (14 hours)

Monday & Tuesday, September 23 & 24, 2019

8:30 a.m. - 5:00 p.m. both days

Future Inn | Maple Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Monday, September 16 or when all 25 seats fill

Course fee: \$219.00 per person + 15% HST = \$251.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Monday & Tuesday, September 30 & October 1, 2019

9:00 a.m. - 4:30 p.m. both days

Future Inn | Cedar Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Monday, September 23 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

The Mentally Healthy Workplace (3 hours)

Friday, October 18, 2019 | 1:00 - 4:00 p.m.

Future Inn | Cedar Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Saturday, October 12 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Wednesday & Thursday, November 6 & 7, 2019

9:00 a.m. - 4:30 p.m. both days

Future Inn | Maple Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Wednesday, October 30 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

The Mentally Healthy Workplace (3 hours)

Wednesday, November 20, 2019 | 1:00 - 4:00 p.m.

Future Inn | Cedar Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Thursday, November 14 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Wednesday, November 20, 2019 | 5:00 - 8:30 p.m.

Future Inn | Cedar Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Thursday, November 14 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

Mental Health First Aid: Adults who Interact with Youth (14 hours)

Saturday & Sunday, November 23 & 24, 2019

8:30 a.m. - 5:00 p.m. both days

Future Inn | Maple Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Saturday, November 16 or when all 25 seats fill

Course fee: \$219.00 per person + 15% HST = \$251.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Wednesday & Thursday, December 11 & 12, 2019

9:00 a.m. - 4:30 p.m. both days

Future Inn | Maple Room

30 Fairfax Drive | Halifax, NS

Registration deadline: Wednesday, December 4 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

PRINCE EDWARD ISLAND

Mental Health First Aid Basic Training (12 hours)

Thursday & Friday, September 5 & 6, 2019

9:00 a.m. - 4:30 p.m. both days

Charlottetown Inn & Conference Centre | Cabot Room

238 Grafton Street | Charlottetown, PE

Registration deadline: Thursday, August 29 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

The Mentally Healthy Workplace (3 hours)

Tuesday, October 15, 2019 | 1:00 - 4:00 p.m.

Charlottetown Inn & Conference Centre | Cabot Room

238 Grafton Street | Charlottetown, PE

Registration deadline: Wednesday, October 9 or when all 30 seats fill

Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

safeTALK Suicide Alertness Training (3½ hours)

Tuesday, October 15, 2019 | 5:00 - 8:30 p.m.

Charlottetown Inn & Conference Centre | Cabot Room

238 Grafton Street | Charlottetown, PE

Registration deadline: Wednesday, October 9 or when all 30 seats fill

Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

Mental Health First Aid Basic Training (12 hours)

Wednesday & Thursday, October 16 & 17, 2019

9:00 a.m. - 4:30 p.m. both days

Charlottetown Inn & Conference Centre | Cabot Room

238 Grafton Street | Charlottetown, PE

Registration deadline: Wednesday, October 9 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Monday & Tuesday, December 16 & 17, 2019

9:00 a.m. - 4:30 p.m. both days

Charlottetown Inn & Conference Centre | Cabot Room

238 Grafton Street | Charlottetown, PE

Registration deadline: Monday, December 9 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

NEWFOUNDLAND

Mental Health First Aid Basic Training (12 hours)

Wednesday & Thursday, September 25 & 26, 2019

9:00 a.m. - 4:30 p.m. both days

Sandman Signature St. John's Hotel | Trinity Room

227 Kenmount Road | St. John's, NL

Registration deadline: Wednesday, September 18 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Monday & Tuesday, October 28 & 29, 2019

9:00 a.m. - 4:30 p.m. both days

Sandman Signature St. John's Hotel | Trinity Room

227 Kenmount Road | St. John's, NL

Registration deadline: Monday, October 21 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid Basic Training (12 hours)

Thursday & Friday, November 21 & 22, 2019

9:00 a.m. - 4:30 p.m. both days

Sandman Signature St. John's Hotel | Trinity Room

227 Kenmount Road | St. John's, NL

Registration deadline: Thursday, November 14 or when all 25 seats fill

Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

Mental Health First Aid: Adults who Interact with Youth (14 hours)

Tuesday & Wednesday, December 3 & 4, 2019

8:30 a.m. - 5:00 p.m. both days

Sandman Signature St. John's Hotel | Trinity Room

227 Kenmount Road | St. John's, NL

Registration deadline: Tuesday, November 26 or when all 25 seats fill

Course fee: \$219.00 per person + 15% HST = \$251.85 TOTAL

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Our standard course offerings include:

- Standardized programs of the Mental Health Commission of Canada:
 - o **Mental Health First Aid Basic Training (12 hours)**
 - o **Mental Health First Aid: Adults who Interact with Youth (14 hours)**
 - o **Mental Health First Aid for Seniors (14 hours)**
 - o **Mental Health First Aid: Veteran Communities (13 hours)**
- Standardized programs of Living Works Education, Inc.:
 - o **safeTALK: Suicide Alertness Training (3.5 hours)**
- Original programs of Arpeggio Health Services:
 - o **Seminar: The Mentally Healthy Workplace (3 hours)**
 - o **Conference/event keynotes (inquire for details)**

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***PLEASE NOTE:** All course fees are subject to the rate of Harmonized Sales Tax set by the province in which each training session takes place. Arpeggio Health Services' Registered HST number (Canada Revenue Agency tax number) will be cited on receipts.*

We offer many registration and payment options to make the process as simple as possible, whether you are registering independently or through your organization:

- 1) Register online at www.arpeggiohealthservices.com (payment can be submitted through PayPal, any major credit card or Visa Debit); or
- 2) Request an electronic invoice by replying to this message and pay it online with PayPal or any major credit card; or

- 3) Request an electronic invoice by replying to this message and call Arpeggio Health Services at 506.754.6298 to pay over the phone with any major credit card; or
- 4) Submit payment by sending an e-transfer to info@arpeggiohealthservices.com with a separate email containing the answer to your security question (don't forget to communicate the names and email addresses of all participants you're registering); or
- 5) Request an electronic invoice by replying to this message and submit payment by mailing a cheque or money order (if using this method please email us at info@arpeggiohealthservices.com or first to confirm availability and to let us know to expect your documents)

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Please be aware that registration closes early when the maximum number of participants for a course has been reached; as such, early registration is recommended. In the event that the minimum number of people required to run a course is not reached, the session will be cancelled and registered participants will receive a full refund. Please contact **Elizabeth Eldridge**, Director of Arpeggio Health Services, at info@arpeggiohealthservices.com with any questions or to join our mailing list (6-8 emails per year). In-house training sessions are available—contact us for a quote today!

ARPEGGIO
HEALTH SERVICES