

Workshops can be tailored to meet the needs of your team or group.

Living Healthy Champlain offers workshops for health care professionals that will help them to support their patients in making behaviour changes based on their own motivations, and empower them to selfmanage their chronic conditions.

Contact Us

43 Bruyère st.
Ottawa, On.
K1N 5C8
1-877-240-3941

www.livinghealthychamplain.ca



Health Care Provider Workshops

Patient self-management and behaviour change support training

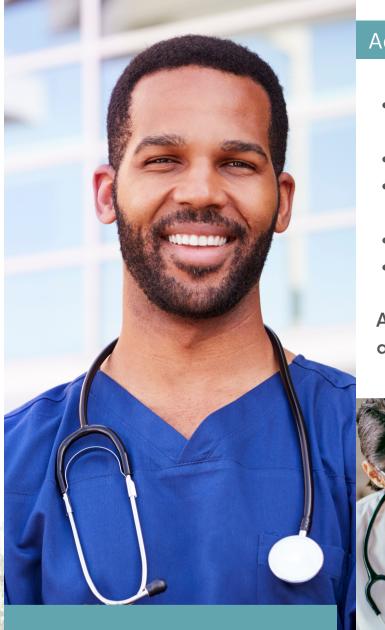




Full and/or half day workshops

- Motivational Interviewing: Introductory and advanced training available
- Cognitive Behavioural Therapy: Introductory and follow-up training available
- Trauma, Empathy and How They Affect Healthcare Outcomes
- Strength Based Approaches
 To Care





Our programs are offered to providers free of charge across the Champlain region.

Additional Training Sessions

- Addressing Vaccine Hesitancy
- Medication Reconciliation
- Cultivating Therapeutic Relationships Online
- Action Planning
- Health Literacy

Additional training sessions are available upon request.



