

# Arpeggio Health Services

## Upcoming Training Sessions

See our most up-to-date training schedule on our Facebook page ([facebook.com/arpeggiohealthservices](https://facebook.com/arpeggiohealthservices)) and register online at [arpeggio.anchor87.com](http://arpeggio.anchor87.com).

### **safeTALK Suicide Alertness Training (3½ hours)**

Monday, August 20, 2018 | 5:00 - 8:30 p.m.  
Charlottetown Inn & Conference Centre | Cabot Room  
238 Grafton Street | Charlottetown, PE  
Registration deadline: Sunday, August 12 at 5:00 p.m. Atlantic time  
Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

### **Mental Health First Aid Basic Training (12 hours)**

Tuesday & Wednesday, August 21 & 22, 2018  
9:00 a.m. - 4:30 p.m. both days  
Charlottetown Inn & Conference Centre | Cabot Room  
238 Grafton Street | Charlottetown, PE  
Registration deadline: Monday, August 13 at 5:00 p.m. Atlantic time  
Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

### **Mental Health First Aid Basic Training (12 hours)**

Monday & Tuesday, August 27 & 28, 2018  
9:00 a.m. - 4:30 p.m. both days  
Future Inn | Maple Room  
30 Fairfax Drive | Halifax, NS  
Registration deadline: Sunday, August 19 at 5:00 p.m. Atlantic time  
Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

### **Mental Health First Aid Basic Training (12 hours)**

Thursday & Friday, September 6 & 7, 2018  
9:00 a.m. - 4:30 p.m. both days  
Fredericton Inn | Salon C  
1315 Regent Street | Fredericton, NB  
Registration deadline: Wednesday, August 29 at 5:00 p.m. Atlantic time  
Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

### **safeTALK Suicide Alertness Training (3½ hours)**

Tuesday, September 11, 2018 | 5:00 - 8:30 p.m.  
Best Western Glengarry | Salon E  
150 Willow Street | Truro, NS  
Registration deadline: Monday, September 3 at 5:00 p.m. Atlantic time  
Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

**Mental Health First Aid Basic Training (12 hours)**

Wednesday & Thursday, September 12 & 13, 2018

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

Best Western Glengarry | Salon E

150 Willow Street | Truro, NS

Registration deadline: Tuesday, September 4 at 5:00 p.m. Atlantic time

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

**safeTALK Suicide Alertness Training (3½ hours)**

Tuesday, September 18, 2018 | 5:00 - 8:30 p.m.

Days Inn | Hopewell Room

2515 Mountain Road | Moncton, NB

Registration deadline: Monday, September 10 at 5:00 p.m. Atlantic time

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

**Mental Health First Aid Basic Training (12 hours)**

Wednesday & Thursday, September 19 & 20, 2018

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

Days Inn | Hopewell Room

2515 Mountain Road | Moncton, NB

Registration deadline: Tuesday, September 11 at 5:00 p.m. Atlantic time

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

**safeTALK Suicide Alertness Training (3½ hours)**

Tuesday, October 2, 2018 | 5:00 - 8:30 p.m.

Holiday Inn Express & Suites | Martello Room

400 Main Street | Saint John, NB

Registration deadline: Monday, September 24 at 5:00 p.m. Atlantic time

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

**Mental Health First Aid Basic Training (12 hours)**

Wednesday & Thursday, October 3 & 4, 2018

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

Holiday Inn Express & Suites | Martello Room

400 Main Street | Saint John, NB

Registration deadline: Tuesday, September 25 at 5:00 p.m. Atlantic time

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

**safeTALK Suicide Alertness Training (3½ hours)**

Thursday, October 18, 2018 | 5:00 - 8:30 p.m.

Garcelon Civic Centre | Moosehead Room

22 Budd Avenue | St. Stephen, NB

Registration deadline: Wednesday, October 10 at 5:00 p.m. Atlantic time

Course fee: ~~\$69.00~~ \$49.00 per person + 15% HST = \$56.35 TOTAL

\*Note: safeTALK in St. Stephen will be offered at the reduced rate of \$49.00\*

**safeTALK Suicide Alertness Training (3½ hours)**

Tuesday, October 30, 2018 | 5:00 - 8:30 p.m.  
Charlottetown Inn & Conference Centre | Cabot Room  
238 Grafton Street | Charlottetown, PE  
Registration deadline: Monday, October 22 at 5:00 p.m. Atlantic time  
Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

**Mental Health First Aid Basic Training (12 hours)**

Wednesday & Thursday, October 31 & November 1, 2018  
9:00 a.m. - 4:30 p.m. both days  
Charlottetown Inn & Conference Centre | Cabot Room  
238 Grafton Street | Charlottetown, PE  
Registration deadline: Tuesday, October 23 at 5:00 p.m. Atlantic time  
Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

**Seminar: The Mentally Healthy Workplace (3 hours)**

Friday, November 2, 2018 | 8:30 - 11:30 a.m.  
Charlottetown Inn & Conference Centre | Cabot Room  
238 Grafton Street | Charlottetown, PE  
Registration deadline: Thursday, October 25 at 5:00 p.m. Atlantic time  
Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

**safeTALK Suicide Alertness Training (3½ hours)**

Tuesday, November 6, 2018 | 5:00 - 8:30 p.m.  
Future Inn | Maple Room  
30 Fairfax Drive | Halifax, NS  
Registration deadline: Monday, October 29 at 5:00 p.m. Atlantic time  
Course fee: \$69.00 per person + 15% HST = \$79.35 TOTAL

**Mental Health First Aid Basic Training (12 hours)**

Wednesday & Thursday, November 7 & 8, 2018  
9:00 a.m. - 4:30 p.m. both days  
Future Inn | Maple Room  
30 Fairfax Drive | Halifax, NS  
Registration deadline: Tuesday, October 30 at 5:00 p.m. Atlantic time  
Course fee: \$199.00 per person + 15% HST = \$228.85 TOTAL

**Seminar: The Mentally Healthy Workplace (3 hours)**

Friday, November 9, 2018 | 8:30 - 11:30 a.m.  
Future Inn | Maple Room  
30 Fairfax Drive | Halifax, NS  
Registration deadline: Thursday, November 1 at 5:00 p.m. Atlantic time  
Course fee: \$119.00 per person + 15% HST = \$136.85 TOTAL

**safeTALK Suicide Alertness Training (3½ hours)**

Tuesday, November 27, 2018 | 5:00 - 8:30 p.m.  
Fredericton Inn | Salon C

1315 Regent Street | Fredericton, NB

Registration deadline: Monday, November 19 at 5:00 p.m. Atlantic time

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

**Mental Health First Aid Basic Training (12 hours)**

Wednesday & Thursday, November 28 & 29, 2018

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

Fredericton Inn | Salon C

1315 Regent Street | Fredericton, NB

Registration deadline: Tuesday, November 20 at 5:00 p.m. Atlantic time

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

**Seminar: The Mentally Healthy Workplace (3 hours)**

Friday, November 30, 2018 | 8:30 - 11:30 a.m.

Fredericton Inn | Salon C

1315 Regent Street | Fredericton, NB

Registration deadline: Thursday, November 22 at 5:00 p.m. Atlantic time

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

**Seminar: The Mentally Healthy Workplace (3 hours)**

Tuesday, December 4, 2018 | 9:00 a.m. - 12:00 p.m.

Holiday Inn Express & Suites | Martello Room

400 Main Street | Saint John, NB

Registration deadline: Monday, November 26 at 5:00 p.m. Atlantic time

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

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Please visit [www.arpeggiohealthservices.com](http://www.arpeggiohealthservices.com) and click the "Education & Training" link for further information, including detailed course descriptions and online registration.

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 for Seniors (14 hours)**
  - o **Mental Health First Aid: Adults who Interact with Youth (14 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 <http://arpeggio.anchor87.com> and submit payment through PayPal, any major credit card or Visa Debit; or
- 2) Request an electronic invoice by emailing us at [mhfa@email.com](mailto:mhfa@email.com) and pay it online with PayPal or any major credit card; or
- 3) Call Arpeggio Health Services at 506.754.6298 and pay over the phone with any major credit card; or
- 4) Complete the attached registration form (PDF format) and return via email or regular mail, and submit payment by sending an e-transfer to [mhfa@email.com](mailto:mhfa@email.com) with a separate email containing the answer to your security question; or
- 5) Complete the attached registration form (PDF format) and send it to us via email or regular mail, and submit payment by mailing a cheque or money order (if using this method please email us at [mhfa@email.com](mailto:mhfa@email.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**, Certified Mental Health First Aid and safeTALK Suicide Alertness Training Instructor, at [mhfa@email.com](mailto:mhfa@email.com) with any questions or to join our mailing list (6-8 emails per year). Staff training/in-house sessions are available—contact us for a quote today!