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I. Ontario Personal Support Workers Association

Ontario Personal Support Worker's Association

Joining the Ontario Personal Support Workers' Association (OPSWA) student membership opens doors to a wealth of resources and opportunities tailored to support your journey toward becoming a certified Personal Support Worker (PSW). As a member of OPSWA, you gain access to a robust network of educational materials and professional guidance designed to help you excel in your studies and clinical placements. Enjoy discounted rates for exclusive OPSWA events and workshops and connect directly with our corporate members who are actively seeking skilled PSWs. By aligning yourself with OPSWA, you not only benefit from a rich support system of fellow PSWs but also contribute to the advancement and recognition of the PSW profession across Ontario.

II. Pallium Canada

LEAP - Learning Essential Approaches to Palliative Care

Transform your health care practice with our award-winning suite of Learning Essential Approaches to Palliative Care (LEAP™) courses. Our palliative care courses for health care professionals provide the knowledge, skills and confidence to improve care for patients and families facing life-limiting illnesses.

III. Mental Health Commission Canada

MHFA - Mental Health First Aid

TMHFA Standard is the support provided to a person who may be experiencing a decline in their mental well-being, or a mental health or substance use crisis.

This 9-hour course opens with a self-directed module (Module 1) that focuses on the information and strategies that participants will discuss and practice throughout the virtual or in-person classroom modules (Modules 2 and 3). Course participants are required to complete Module 1 before participating in Module 2 and 3. Upon registration, participants will receive the “MHFA Participant Reference Guide” that outlines MHFA actions for developing mental health and substance use problems, and mental health and substance use crises.

Who is it for? For everyone and everyone. Ideal for the general public, workplaces, and community groups.

IV. Living Works Education

ASIST - Applied Suicide Intervention Skills Training

ASIST (Applied Suicide Intervention Skills Training)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be thinking of suicide and work with them to create a plan that will support their immediate safety using the PAL (Pathway for Assisting Life) model.

V. Living Works Education

SafeTalk

safeTALK half day training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care. safeTALK is for everybody who wants to help prevent suicide; front line workers, clergy, volunteers, parents, teachers, law enforcement, first responders.

VI. PACE for PSWs

PACE (Palliative Care Education) for PSWs

With PACE for PSWs, you will:

- Understand how people commonly die in the 21st century and develop skills for supporting their comfort.
- Build best practices for communicating and connecting with patients and families.
- Develop practical and psychosocial skills for integrating a palliative approach, providing care in the last days and hours and supporting people experiencing loss and grief.
- Learn how to provide a culturally safe space and use a trauma-informed approach when working with First Nation, Metis, Inuit or urban Indigenous people, or any person with different cultural values.
- Create a self-care plan to help manage workplace stresses and reduce the risk of developing compassion fatigue.

VII. Rainbow Health Ontario

2SLGBTQ+ Health (Various Courses)

2SLGBTQ+ communities face specific health challenges and barriers to accessing care. RHO offers training for healthcare and social service providers to increase their clinical and cultural competency in caring for their 2SLGBTQ+ service users.

VIII. Crisis Intervention Training SLC Students ONLY

SL. College

Online and in-person training must be successfully completed to pass this course. Developed by a team of psychologists, behaviour analysts/therapists and physical intervention specialists, Safe Management Group's (SMG) Crisis Intervention Training uses evidence-based practices and techniques that are customized to address the unique behaviour and safety risks associated with those working in healthcare as well as working with children, youth, and adults.

IX. Cost Breakdown

<u>Certification Name</u>	<u>Cost</u>
Ontario Personal Support Workers Association- Student Membership	Free
LEAP - Learning Essential Approaches to Palliative Care	\$50 - \$295
MHFA - Mental Health First Aid	\$226
ASIST - Applied Suicide Intervention Skills Training	\$226
SafeTalk	\$90
PACE (Palliative Care Education) for PSWs	\$50 - \$225
2SLGBTQ+ Health (Various Courses)	\$29 - \$50
SL. College	\$150