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# Ontario Personal Support Workers Association

**[Ontario Personal Support Worker’s Association](https://ontariopswassociation.com/student-membership/)**

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.

# Pallium Canada

**[LEAP - Learning Essential Approaches to Palliative Care](https://www.pallium.ca/courses/)**

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.

# Mental Health Commission Canada

**[MHFA - Mental Health First Aid](https://cmha-east.on.ca/index.php/en/training/for-our-community-members/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 to for? For everyone and everyone. Ideal for the general public, workplaces, and community groups.

# Living Works Education

**[ASIST - Applied Suicide Intervention Skills Training](https://cmha-east.on.ca/index.php/en/training/for-our-community-members/certified-asist)**

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.

# Living Works Education

**[SafeTalk](https://cmha-east.on.ca/index.php/en/training/for-our-community-members/certified-safe-talk)**

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.

# PACE for PSWs

[**PACE (Palliative Care Education) for PSWs**](https://www.paceforpsws.ca/)

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.

# Rainbow Health Ontario

**[2SLGBTQ+ Health (Various Courses)](https://www.rainbowhealthontario.ca/education-training/)**

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.

1. Cost Breakdown

|  |  |
| --- | --- |
| Certification Name | Cost |
| 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  |