



**Opening
Minds**

**MENTAL HEALTH
COMMISSION
OF CANADA**

Certificate of Participation

This is to certify that

Susan Nelson

has successfully completed The Working Mind Employee program.

Participants learn skills to help reduce stigma and negative attitudes surrounding mental health in the workplace, promote good mental health for everyone, and provide strategies to cope with stress and improve mental health.

Julie Donaldson

Julie Donaldson
Director – Program Delivery, Opening Minds



Date: 11/06/2024
Course Length: 4h15
Delivery Method: Virtual