



**Opening
Minds**

**MENTAL HEALTH
COMMISSION
OF CANADA**

Certificate of Participation

This is to certify that

Alana Odawa-Lindstone

has successfully completed The Working Mind Manager program.

Participants learn skills to help reduce stigma and negative attitudes surrounding mental health in the workplace, offer to seek assistance for resources and a strong support system, and provide the tools and skills to help prevent stress and promote good mental health.



Date: 17/10/2024
Course Length: 6h45
Delivery Method: In Person

Julie Donaldson

Julie Donaldson
Director – Program Delivery, Opening Minds