



About Knowles Centre

Knowles Centre is a community-based, non-profit social service agency for children, adolescents and young adults facing difficult times in their lives. It began as a home for boys in 1907, and today provides healing homes, treatment foster care, independent living, day treatment, sexual abuse treatment, and therapeutic counselling programs, plus a range of auxiliary support services to young people from Manitoba.

Our range of therapeutic and skills-based programs help young people and their families to address current and past struggles, to develop healthier relationships and ways of life, and to reach their full potential in the future.

Knowles Centre is a registered, non-profit, charitable organization and is governed by an elected Board of Directors. Knowles Centre is accredited by the Council on Accreditation.

For more information on Professional Development Resources at Knowles Centre, contact Lauren Hershfield at:

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Professional Development Resource
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Why Choose Knowles?

Knowles Centre trainers are certified and practiced in the programs they lead. In addition, all have years of real-life experience working with children, youth and families in various settings – from frontline to leadership roles – and are knowledgeable about the challenges faced by clients and the organizations that serve them both locally and across Manitoba.

- Trainers are ready to come to your location at times and days that work for your team
- Host your training event at Knowles Centre to take advantage of our refreshment options and free parking



 **Knowles**
CENTRE

**Your Professional
Development Resource**

Through the ongoing development of new models of care and responsive services, caring professionals have never had more tools available to help young people and their families to achieve wellness and reach their full potential.

Knowles Centre can be your professional development resource

At Knowles Centre, we prioritize human resource development across all levels of our organization, striving to be a leading force in enhancing the sector's capacity to positively impact the lives of those in need. Our investment in building expertise in numerous areas has equipped us to share our knowledge with our community partners.

We believe consistent training for employees and volunteers is essential for achieving better client outcomes. By providing the necessary knowledge and practical skills, even the most compassionate workers can enhance their impact on the community and advance your organization's mission. Our team is dedicated to staying at the forefront of advancements in new models of care and responsive services.

MENTAL HEALTH FIRST AID (MHFA) FOR ADULTS WHO INTERACT WITH YOUTH

is a 14-hour training program that can be offered over 2 – 4 sessions. MHFA prepares responders to provide appropriate support to a young person experiencing a mental health crisis until the issue is resolved or appropriate treatment is found. A variety of mental disorders and situations faced by young people are covered. This training is suitable for all caregivers regardless of their professional knowledge.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

is a two-day training program that teaches participants how to assist those at risk for suicide. Although many healthcare professionals use ASIST, anyone 16 years or older can use the approach, regardless of professional background. Participants learn how to prevent suicide by recognizing signs, providing skilled intervention, and developing a safety plan to keep someone alive.

THERAPEUTIC CRISIS INTERVENTION (TCI)

is a crisis management protocol developed by Cornell University for congregate (group) child and youth care facilities. This internationally recognized model focuses on creating a trauma-sensitive environment where children and youth, and the adults caring for them, are safe and feel safe. The goal of TCI is to proactively prevent and/or de-escalate potential crisis situations, and help young people to improve their capacity to regulate their emotions and use positive coping strategies. TCI is an interactive learning experience presented over 20-28 hours, depending on certification level.

SELF-REG[®] was developed by the MEHRIT Centre to enhance resilience, emotion regulation and supports healthy development & learning for the well-being of young people and those who care for and support their journeys. Self-Reg is a five-step method (and framework) to deal with stress so that we experience calm in mind and body and, from there, begin to restore physiologically, emotionally, psychologically and socially.

Are you looking for specialized staff training?

Let's talk about your team's challenges and the professional development opportunities that can make a difference. We can create custom training programs for your team, or help you to find options that will meet your needs. Call us at 204-339-1955 to find out more.

**Training is
recognized as a
core organizational
strategy influencing
employee retention
and human capital
growth**