

*Inspiring Learning. Improving Lives.*

**CTRI**

CRISIS & TRAUMA  
RESOURCE INSTITUTE

**The Crisis & Trauma Resource Institute (CTRI) is offering the following in-person public workshops in Winnipeg:**

**Managing Mental Health in the Workplace – Rights and Responsibilities**

**Winnipeg: October 2**

This workshop explores strategies and techniques from Cognitive Behavioural, Strengths-Based, Narrative, and Solution-Focused counselling frameworks.

**Trauma – Strategies for Resolving the Impact of Post-Traumatic Stress**

**Winnipeg: November 19-20**

This workshop reviews key principles and strategies for working with trauma that apply to a diverse range of experiences and which can be applied to all ages.

**De-escalating Potentially Violent Situations™**

**Winnipeg: December 10**

This workshop will help participants assess the potential for violence and respond with a diverse set of interpersonal tools and strategies designed to defuse potentially violent situations.

**Dialectical Behaviour Therapy – Balancing Acceptance and Change**

**Winnipeg: December 7**

This workshop explores key Dialectical Behaviour Therapy (DBT) concepts and useful skills such as tolerating distress, managing emotions, and enhancing interpersonal communication.

**[View the complete list of upcoming workshops.](#)**

Unable to attend in person? We [live stream](#) some of our popular workshops & offer workshops [on-demand](#).

**On-Location Training.** Any of our workshops can also be offered on-location – right where you are.

For a complete list of upcoming workshops, please visit our website: [www.ctrinstitute.com](http://www.ctrinstitute.com)

Email: [info@ctrinstitute.com](mailto:info@ctrinstitute.com)

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