



Living Healthy Champlain offers workshops for health care professionals that will help them to support their patients in making behaviour changes based on their own motivations, and empower them to self-manage their chronic conditions.

Workshops can be tailored to meet the needs of your team or group.

Contact Us

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Health Care Provider Workshops

Patient self-management
and behaviour change
support training

Full and/or half day workshops

- Motivational Interviewing: Introductory and advanced training available
- Cognitive Behavioural Therapy: Introductory and follow-up training available
- Trauma, Empathy and How They Affect Healthcare Outcomes
- Strength Based Approaches To Care



Additional Training Sessions

- Addressing Vaccine Hesitancy
- Medication Reconciliation
- Cultivating Therapeutic Relationships Online
- Action Planning
- Health Literacy

Additional training sessions are available upon request.



Our programs are offered to providers free of charge across the Champlain region.

