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Community Support Training

Pace is proud to offer training designed for community members, professionals, students, first responders (including law enforcement, medical, fire, etc.) and frontline workers in our region.

Sessions are facilitated by professional, skilled, and enthusiastic instructors with decades of training and experience, making this training invaluable.

Workshop Descriptions

Crisis Intervention & Communication Skills

Explores Crisis Intervention theories, from both lecture and experiential format to enhance and practice skills.

(10.5hrs)

Facilitated by: Jacquie Aitken, BA, BSW, RSW, Executive Director of Pace

Leading Change: Gender Based Violence & the Active Bystander Approach

Through examining Gender Based Violence, this workshop explores and addresses unhealthy beliefs and attitudes surrounding gender stereotypes that lead to violence. The Active Bystander Approach then gives participants tools to end violence against women and influence the culture that surrounds them. The material for this workshop is drawn from the Alberta Council of Women's Shelters program "**Leading Change: Inspired Communities**". (7hrs)

Facilitated by: Ruth Proulx BSW, RSW, MSc. Provisional Psychologist

Cross Culture Awareness

Uses an anthropological approach to discuss beliefs and values, and address common themes when working in a cross cultural environment, with a primary focus on Aboriginal culture. (7hrs)

Facilitated by: Ruth Proulx BSW, RSW, MSc. Provisional Psychologist

Talking to Teens about Sex and Consent (in partnership with Canadian Red Cross)

Through this workshop, participants will boost skills to help teens to know what it means to consent to sexual activity, identify 'red flag' beliefs and attitudes about consent, and know how to help if consent has been violated. The workshop is open to any caring adult who wants information about adolescent development and to promote communication with teens about issues related to dating, relationships and sexuality. Presented by PACE and sponsored by City of Grande Prairie Community and Social Development. (2hrs)

Facilitated by: Canadian Red Cross Facilitator

Bullying & Harassment (in partnership with Canadian Red Cross)

This interactive workshop will highlight proven strategies that schools, organizations and communities can use to address bullying and harassing behaviours. The workshop will focus on information about current research into bullying and harassment, the impacts of these behaviours and successful intervention and prevention strategies. Participants will leave with practical tools & approaches they can implement in their communities. (2hrs)

Facilitated by: Canadian Red Cross Facilitator

Fostering Healthy Relationships in LGBTQ Youth (in partnership with Canadian Red Cross)

This workshop will explore how adults can foster healthy relationship dynamics for LGBTQ youth and look at risk factors in dating relationships that may be heightened for sexual and gender minority teens. (2hrs)

Facilitated by: Red Cross RespectED facilitator

Talking to Teens about Dating and Technology (in partnership with Canadian Red Cross)

This workshop will promote communication with teens about relationships and technology. It is open to any adult who wants to have better conversations with teens about technology issues ('sexting', access to sexual content online, privacy, technology steps to take during break-ups). Presented by PACE and sponsored by City of Grande Prairie Community and Social Development. (2hrs)

Facilitated by: Canadian Red Cross Facilitator

Healthy Youth Relationships (in partnership with Canadian Red Cross)

This interactive workshop will increase participants' understanding of emotional, physical and sexual assault as they arise in youth relationships. They will learn about how to foster healthy communication (with a focus on the impacts of technology) and learn practical strategies to help a young person who is experiencing violence in a relationship. (7hrs)

Facilitated by: Denay Wohlgemuth, Public Education Coordinator at Pace

Awareness of Self Harming Behavior

This workshop provides a basic introduction to understanding self-harming. Participants will gain an understanding of why people self-harm, what the process is that they go through, what their triggers are, and how you can help someone change this behavior. It is meant to raise awareness about an issue that affects a large number of people. (7hrs)

Facilitated by: Charlene Eckstrom MA, RSW

Applied Suicide Intervention Skills Training (ASIST)

This course gives the participant the opportunity to develop knowledge, skills and attitudes necessary to recognize and address suicidal behaviors. (14hrs)

Facilitated by: Connie Miller, MSW, RSW, Charlene Eckstrom, MA, RSW or Carla Eckstrom, MA, RSW

Professional Boundaries

What are professional boundaries? How do we establish and maintain them when working with clients? Understand the difference between personal and professional boundaries. (3hrs)

Facilitated by: Connie Miller, MSW, RSW

Children & Trauma

Provides information on how to support children who are victims of trauma/abuse, how to re-establish trust, and provide strategies to support these children. (3.5hrs)

Facilitated by: Carla Eckstrom, MA, RSW and Charlene Eckstrom, MA, RSW

Grief & Loss

Provides information related to the grieving process, the grief journey and the caregivers role in supporting the process. (3.5hrs)

Facilitated by: Carla Eckstrom MA, RSW and Charlene Eckstrom, MA, RSW

Mental Health First Aid

A National course designed to assist participants in identifying symptoms of mental health problems and individuals at possible risk. Intervention tools, and understanding/accessing resources within our region will be addressed in this course. (14hrs)

Facilitated by: Carla Eckstrom, MA, RSW, and Charlene Eckstrom, MA, RSW

First Responders to Sexual Assault and Sexual Abuse

A Provincial course aimed to educate individuals about sexual abuse, assault, and harassment and train them to be first responders to someone who discloses abuse. The program provides opportunity for practical application of skills (role plays) and allows participants to re-think prevention. (14hrs)

Facilitated by: Connie Miller, MSW, RSW and Jamie Crozier, MSW, RSW

Facilitator Biographies

Carla Eckstrom

MA, RSW

Carla holds a Master of Arts Education with a dual major in Counseling and Administration from San Diego State University. Carla has been a family therapist with Pace for many years. Her area of expertise is working with children, individuals, and families who have experienced trauma. Carla has extensive training in the area of children and trauma, grief and loss and has been actively training volunteers and professionals in this field for several years. Prior to her job at Pace, Carla was the Executive Director of the RCMP Victims Assistance Program where she was instrumental in developing the Provincial Training Program.

Charlene Eckstrom

BSc (HEc) MA, RSW

Charlene Eckstrom received her Bachelor of Science Degree from the University of Alberta and has a Master of Arts in Education Counseling. Charlene has been a family therapist at Pace for many years. In her practice, Charlene deals primarily with children who have experienced trauma and their families. Charlene has a wide variety of training in the area of children and trauma and working with individuals of all ages with various mental health problems. Charlene has trained volunteers and professionals in the Grande Prairie area for years. Prior to her work at Pace, Charlene worked as a school counselor at Holy Cross School in Grande Prairie. In her role at the school, Charlene developed programs for children and staff; as well as the school's critical response coordinator.

Connie Miller

BSW, MSW, RSW, Assistant Director of Pace

Connie has a Masters of Social work and has worked in the field of Trauma for 34 years. She is currently the Assistant Director of Pace and in the past has held positions with the Child Abuse Team at both the Holy Cross Hospital and Alberta Children's Hospital in Calgary. Connie has worked with victims of trauma throughout her career. As part of her practice she has had a very active role in training volunteers and professionals in the northwest region. She is a provincial mentor for both the ASIST and the 1St Responders training, has instructed Social Work courses for the University of Calgary and supervised a number of social work students from several different institutions. Connie is passionate about building capacity for the victims as well as the community in responding to victims of trauma.

Jamie R. Crozier

MSW, RSW

Jamie graduated from Dalhousie University with a Masters of Social Work in Individual Mental Health. She is accomplished, knowledgeable, and an effective interventionist with over 13 years practicing in the field of Trauma. She is committed to working with individuals, couples and groups, including children and adults, victims and offenders, with a particular emphasis on adult victims of historical sexual abuse. She has presented provincially on domestic violence as a key note speaker as well as at the House of Commons in Ottawa.

Jacquie Aitken-Kish

BA, BSW, RSW, Executive Director of Pace

Jacquie has worked with issues of family violence since 1981 when she served as the Executive Director of the third shelter for battered women to open in Alberta. As one of the founding members of the Alberta Council of Women's Shelters, the Alberta Association of Sexual Assault Centers, and the Grande Prairie and Area Prevention of Family Violence Network, she has served on numerous committees and working groups at the local, regional and provincial level to ensure best practice in dealing with both victims and offenders. Since 1987, Jacquie has been the Executive Director of the Pace Sexual Assault Centre. She has provided direct therapeutic interventions with victims and offenders of psychological abuse, and physical and sexual violence. A strong believer in collaboration Jacquie's assistance and/or partnerships with agencies and communities across the region to better address client and community needs has given rise to services such as the Grande Prairie Caribou Centre for supporting child and youth victims of crime, and High Prairie therapy services to victims.

Denay Wohlgemuth

Public Education Coordinator at Pace

Denay has a passion for helping the community members of Grande Prairie & area. She especially enjoys watching children and youth grow and thrive. Denay is currently the Public Education Coordinator at Pace. She oversees the public education team and delivers the “Who Do You Tell?” Program, teaching children from K-Gr.6 about sexual abuse and facilitates the “Sexual Violence” Presentation to teenagers Gr.7-12. In addition to presenting in students' classrooms, Denay receives disclosures and reports concerns to parents or Child and Family Services. Denay is also a youth care worker at Pace, working with children and youth involved with Child and Family Services. In this role, Denay is a positive mentor for children/youth, capitalizing on teachable moments and helping them increase their sense of self-esteem, boundaries, supports, etc.

Ruth Proulx

BSW, RSW, MSc, Provisional Psychologist, Therapist & Community Outreach Coordinator

Ruth Proulx was born and raised in the Northwest Territories and has been in Alberta for over 15 years. She is a Registered Social Worker who graduated with a Bachelor of Social Work from the University of Calgary and she is a Registered Provisional Psychologist who graduated with a Masters of Science in Psychology from Walden University. Ruth specializes in trauma, attachment, and relationships as well as rural, remote and aboriginal practice. As a recognized Canadian humanitarian, Ruth has over 15 years of experience working with children, youth, families and adults. Employed as a Therapist at Pace in Grande Prairie, Ruth is also very involved with other non-profit groups, athletics programs and her own private practice.

***For more information, including dates
& times contact the Pace office:***

Phone: 780.539.6692

Email: askpace@pacecentre.com

Pace provides a range of crisis intervention support & counseling services dealing with sexual abuse, sexual assault, child abuse, and trauma.

Pace is dedicated to working towards improving services offered within our community.

**Community Support Training:
Funded by:**



In partnership with:

