

Learning solution	Modality and duration	Recommended audience
Specialist Training	Face-to-Face: 3 hours	Executive, Leadership, Human Resources, Health & Safety
	Virtual Training: 2 hours	
Customer facing Training	Face-to-Face: 3 hours	Any team members in a customer facing position
	Virtual Training: 2 hours	
First Responder Training	Face-to-Face: 2 hours	All team member with a focus on Mental Health First Aiders & Supervisors
	Virtual Training: 1.5 hours	
Safety Planning	Face-to-Face: 2 hours	Executive, Leadership, Human Resources, Health & Safety
	Face-to-Face only	
Bystander Behaviour - Creating Change	Face-to-Face: 3 hours	All team members
	Virtual Training: 2 hours	
Respectful Relationships	Face-to-Face: 3 hours	Executive or Leadership team members
	Virtual Training: 2 hours	
Workplace Resilience	Face-to-Face: 3 hours	Executive, Leadership, Human Resources, Health & Safety
	Face-to-Face only. Requires 2 facilitators.	

**Face-to-Face sessions: 10 to 25 participants

**Virtual sessions: 10 to 15 participants