

What are some common mental health issues facing young athletes?

How does positive mental health lead to improved performance?

What resources are available to me if I think an athlete is having difficulty processing a serious mental health issue?



Expand the Reach is offering Mental Health Awareness Workshops for Coaches

Mental Health is an under-addressed and misunderstood issue in communities across Canada. The sport environment provides a great opportunity for young people to be supported by their peers and coaches.

Workshop Objectives:

- Increase coaches' knowledge of mental health and mental health challenges faced by young athletes
- Increase coaches' comfort level in asking the right questions and responding to the mental health needs of the young athlete
- Provide each coach with effective tools and strategies to better support their young athletes

The next workshop near you is:

May 26, 2017 | 7:00-10:00pm

Location: Bradford High School

Host Partner: Hall of Fame Basketball

Cost: \$0.00

To register for this event visit expandtherreach.ca

For additional information contact: Keith Pruden, ETR Program Coordinator
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