

# Empower your patients in their health care journey!

*Learn practical skills that can be used with patients immediately!*

Programs are available for Healthcare Providers that promote working in partnership with patients and caregivers to achieve better health outcomes.

Available workshops for Healthcare Providers include:

- Brief Action Planning
- Choices and Changes: Motivating Healthy Behaviors
- Clinician-Patient Communication to Enhance Health Outcomes
- Connect to Learn
- Empathy Effect: Countering Bias to Improve Health Outcomes
- Health Literacy
- Mental Health First Aid
- Motivational Interviewing
- Moving Towards Change
- Treating Patients with CARE

Learn more by scanning the QR Code or visiting:  
[www.selfmanagementprograms.ca](http://www.selfmanagementprograms.ca)



Self-Management Programs Network is a collaboration with self-management programs in Ontario's west region, including Hamilton Niagara Haldimand Brant Self-Management, Southwest Self-Management, Waterloo-Wellington Self-Management, and Erie-St. Clair Self-Management.