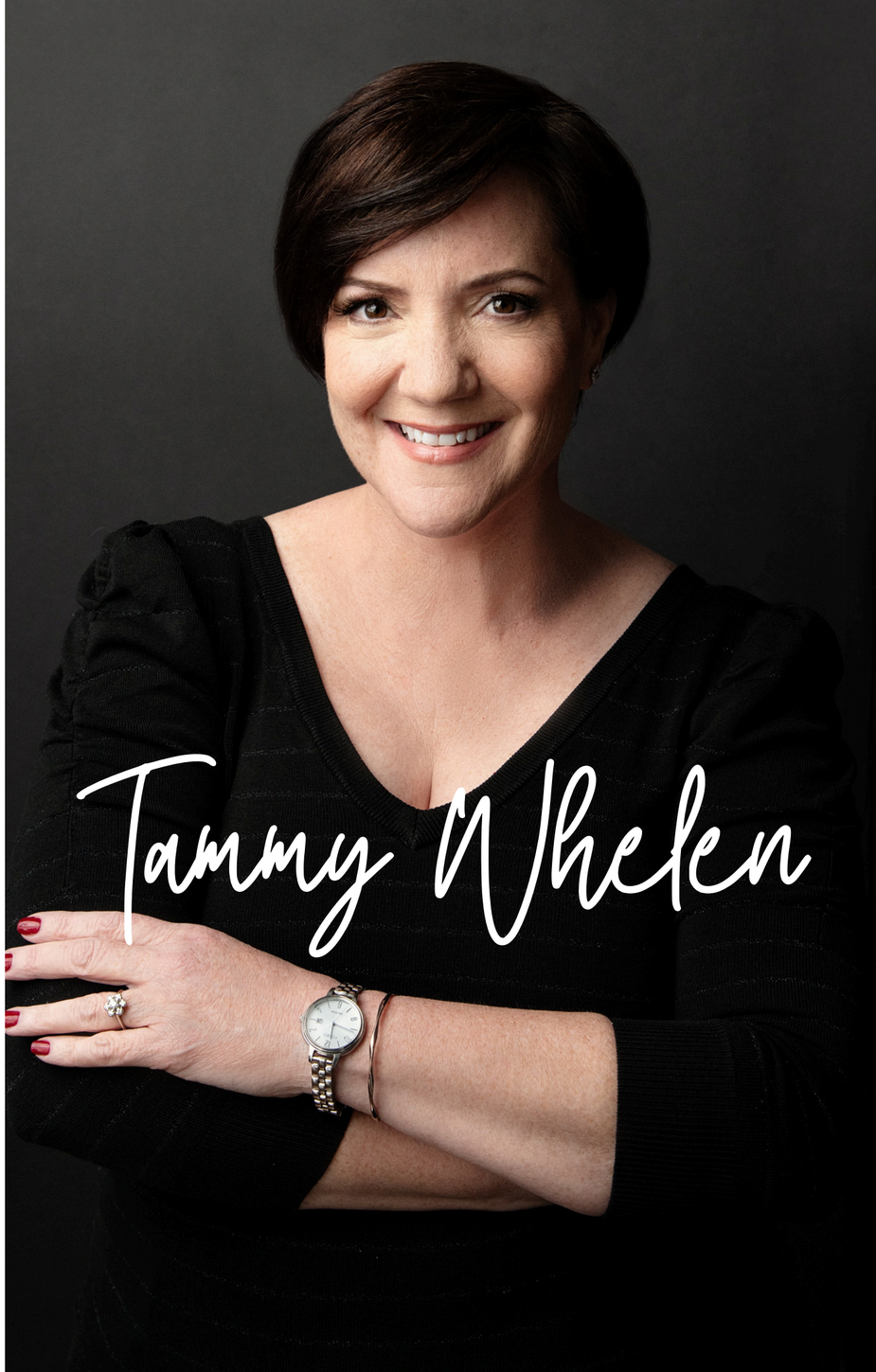
TAMMY WHELEN
MENTAL HEALTH
EDUCATOR

Tammy Whelen is no stranger to adversity. She faced a difficult battle with cancer at just 25 years old, and has experienced firsthand the anguish of losing a loved one to addiction.

With 16 years experience as a mental health educator, Tammy focuses her efforts on educating communities about mental health and wellness, while demystifying mental illness, fighting the stigma surrounding it, creating awareness, and inspiring change.

With a certification in Adult Education, and Facilitation and Teaching Effectiveness, Tammy also shares her personal experiences which demonstrate that we each face our own challenges. She believes it is through understanding and acceptance that we can build a network of support.



MY PURPOSE

I'm here to support, inform and empower.

1. Increase mental health awareness.
2. Reduce the stigma that creates fear and hinders recovery.
3. Instill a sense of hope for recovery and maintaining wellness.
4. Help individuals feel supported.
5. Encourage and promote help seeking behaviour.
6. Provide information on community resources.





WORKSHOPS

Mental Health Basics	Increase mental health awareness within your community by encouraging discussion about mental health, challenging societal beliefs, and practicing simple approaches to maintain mental well-being.
Know Your Worth	Let's unpack negative thinking, and discuss valuable strategies to improve negative thoughts, build self-esteem, increase confidence, and take resilience to another level.
Re-think Conflict	Challenging situations can often lead to unexpected and unwanted behaviours. Let's learn to manage difficult conversations, discover new approaches to challenging behaviours, and walk away with valuable tools to shift dynamics, scale down turmoil, and support one another.

WORKSHOPS

Surviving Stress	Understand the physical and emotional reasons for stress and anxiety, and learn everyday tools to manage, reclaim control, and foster valuable coping strategies that help us with the daily stressors in our lives.
Boundaries that Work	Busy lives can push us to work at our optimum, but if this continues, we can feel overworked, under appreciated, and exhausted. Learn why setting boundaries is important, build awareness and skills to overcome these challenges and healthy ways to say no.
Improve Work Life	Discuss the importance of workplace wellness, address reasons why wellness programs fail, consider our personal motivation for wellness, and develop strategies to improve your personal and professional life.

WORKSHOPS

Lessons Learned from Adversity	We often resist adversity; but we can learn a lot about ourselves during difficult times. This workshop discusses the importance of adversity, offers insight to recognize opportunities, and helps build skills to reach the next level of self awareness and success.
Master Resilience	Build resilience with strategies that help us understand the impacts of change throughout our lifetime. Improve your overall mental, emotional, and physical wellness by practicing daily self-care strategies, and creating a master plan.
Understanding Compassion Fatigue	Understand the difference between compassion fatigue, burn out, and vicarious trauma. Learn practical strategies for self reflection, self care, and work through a personalized action plan for you.

WORKSHOPS

ASIST	Helping individuals feel more comfortable, confident, and competent in helping to prevent the immediate risk of suicide. ASIST is intensive, interactive and practice-dominated; designed to help caregivers recognize risk, and learn how to intervene to prevent the immediate risk of suicide.
safeTALK	Preparing anyone over the age of 15 to identify persons with thoughts of suicide, and connect them to suicide first-aid resources. Becoming an alert helper will increase opportunities to support those at risk.
Mental Health First Aid	MHFA helps participants become well prepared to recognize signs when someone is experiencing a decline in their mental well-being, and learn how to support them through challenges and crisis.

WORKSHOPS

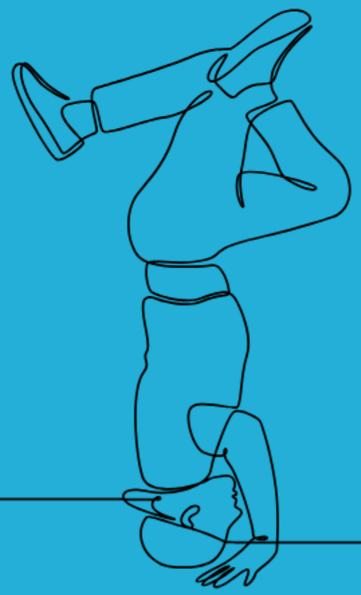
Stepping Into Accountability	Accountability is essential for building trust, strengthening relationships, and creating meaningful change. This workshop explores what accountability really means and why it matters in both our personal and professional lives. Participants will reflect on how taking responsibility for our actions, decisions, and impact can foster stronger teams, healthier communication, and greater growth.
Embracing Change in the Workplace	Change is a constant part of today's workplaces, and how we respond to it can shape both individual and team success. This workshop explores the challenges and opportunities that come with change and provides practical strategies to help participants adapt with confidence and resilience.
Rest to Re-set	This workshop explores the connection between sleep and mental health, helping participants understand how sleep affects mood, resilience, focus, and overall functioning. Participants will also learn practical strategies to improve sleep habits and create routines that support better rest.

INCREASING ADDICTION AWARENESS, REDUCING STIGMA, & OFFERING HOPE AND SUPPORT THROUGH EDUCATION.

TAMMY WHELEN MENTAL HEALTH EDUCATOR

THE JOEY PROJECT





PROCEEDS WILL BE DONATED TO HOPE PLACE CENTRES.

Living with someone who has a substance use issue is complicated and can create turmoil and heartbreak in the lives of individuals and families.

Tammy speaks from her personal experience, and has created 'The JOEY Project' to educate others about the myths and stigma surrounding addiction and substance use; while sharing JOEY's story to offer resources and strategies to support the individual through their journey.

Learn about resources available and how to build personal resilience during difficult times.

KEYNOTE TOPICS

Our Family's Story: Addiction, Resilience, and Finding Help

When addiction entered my family's life through my brother, it changed all of us. In this deeply personal keynote, I share the realities of living alongside addiction, the emotional toll it can take, and the hope that can emerge through connection, support, and recovery. Attendees will gain insight into how addiction affects families, learn where to find help, and leave with a stronger understanding that people living with addiction are more than their struggles, they are human beings worthy of compassion and care.

Beyond Survival: What Cancer Taught Me About Mental Health and Resilience

A cancer diagnosis changes more than your body. It can challenge your mental health, relationships, confidence, and sense of identity. In this personal keynote, I share my journey through cancer, the emotional highs and lows that came with it, and the strategies that helped me manage both the physical and mental challenges of the experience.
Through honest storytelling, I explore the anxiety, uncertainty, and stress that often accompany a serious illness, while highlighting the importance of support systems, self-care, and maintaining hope during difficult times. Attendees will gain practical insights into building resilience, protecting their mental well-being, and finding strength in the face of adversity.

MENTAL HEALTH EDUCATION BENEFITS



Prevent the development of mental illness.

Manage through challenging times.

Work productively, and reach our full potential.

Create meaningful contributions.

RATES

IN-PERSON & VIRTUAL SESSIONS

1-HOUR $595	**2-HOURS** $995
3-HOURS $1395	**6-HOURS** $1995



TESTIMONIALS

"Engaging and impactful."
"Created a safe space to learn."
"Dynamic and relatable."
"An amazing leader."
"Very resourceful and articulate."
"Tammy is fantastic - very personable - shares great life experiences and stories."
"Well spoken and knowledgable."
"Interactive and engaging."

Strides Toronto
WOODGREEN
Brock Community Health Centre
BDP. Quadrangle
STELLA'S PLACE
The VILLAGE Children's Programs
MCRC
RCC
LUMENUS Mental Health, Developmental & Community Services Infants | Children | Youth | Individuals | Families
TD Insurance
HopePlace Centres
eva rothwell centre
MALTON NEIGHBOURHOOD SERVICES
ROCK REACH OUT CENTRE FOR KIDS
Canadian Mental Health Association Halton Region Branch Mental health for all
PEEL REGIONAL POLICE
SHIP Services and Housing In the Province
Abilities to Work
NISA HELPLINE
achēv
Our Place PEEL
MOLSON COORS beverage company

I WOULD LOVE TO HEAR FROM YOU

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(416) 738-4124



CERTIFIED ADULT EDUCATOR

LIVINGWORKS
ASIST

safeTALK

Canadian Mental
Health Association
TALK TODAY

road 2 recovery

Opening Minds | MENTAL HEALTH COMMISSION OF CANADA

mental health™ works

Mental Health Commission of Canada | Commission de la santé mentale du Canada

Mental Health First Aid Canada

tend®

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