The Working Mind For Veterinary Medicine
What to Expect



01
Before you start

Be Ready to Participate

- Download the Participant Handbook, or come prepared with your preferred way to capture ideas.
- Be prepared to learn, stretch, and grow, no disclosure needed.
- Bring your questions and curiosities.
- Have your camera on, and be in a private space.

02
During the training

Relevant & Practical

- Explore veterinary specific scenarios and videos.
- Participate and reflect at your own pace.
- Use the skills right away.
- Learn from the collective wisdom of peers.

03
After the training

Take Tools Back to Work

- Learn how to talk about mental health and share resources after traumatic situations.
- Support yourself and others better.
- Recognize changes in mental health earlier.

"I never realized **how ingrained mental health stigma was in our profession** until I took this course."
- Past Participant

We are all in this together

The Working Mind for Veterinary Medicine is an **OPENING MINDS** program in partnership with:

Canadian Veterinary Medical Association

Association canadienne des médecins vétérinaires

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