

Understanding Mental Health and Well-Being in Later Life Workshop Series

Workshop Portal



The workshop portal is an online platform where you are able to learn more about each of the 12 workshops and how you can access the materials. To access the workshops through the portal, you will be prompted to complete a registration survey.

How to access the workshop materials

Before following the instructions below, please check to make sure you're using the most recent versions of Google Chrome, Mozilla Firefox, Apple Safari, or Microsoft Edge. These web browsers are the most compatible for accessing the workshop materials without any glitches.

Follow these instructions for accessing the *Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal*:

1. Start by visiting: <https://moodle11.camhx.ca/moodle/>. If the link does not automatically open, you can also copy and paste it into your browser.
2. Select the language you wish to view the website and workshop material in by toggling to EN/FR. This button is found on the upper left side of the portal.
3. Select the *Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal*.
4. Now it's time to create your profile. Select *Create new account*.
5. Fill out the required fields with your desired username and password, add additional account details and then click *Create my new account*.
6. You will receive an email to the email account you provided. If you miss the email, check your junk mail for emails from noreply@moodle11.camhx.ca.

7. Once you open the email, click on the link provided to confirm your registration. Once this is confirmed, click *Continue*.
8. Next, click *Enrol me* for the *Understanding Mental Health and Well-Being in Later Life: Workshop Series Portal*
9. To complete your enrolment, click *Complete Your Registration* and fill out the registration questions to the best of your abilities. As a final step, you'll be asked to agree to the terms of use.

Now that you are registered, you can start downloading the workshop materials. Here are some steps to help you with this:

1. Click *Access the Workshop Materials*.
2. Click *Download support material*. You will need to complete this step prior to accessing the workshop specific materials. The support materials will help you make sense of the workshop specific materials, and how to prepare for and deliver a workshop. These materials are the same for each workshop.
3. Click the drop down arrow beside each workshop topic. This will expand to reveal a short overview of what information each workshop will cover, as well as the button to download each workshop.
4. In the drop down section for each specific workshop topic, there will be a corresponding *Download workshop material* button. Click the button to download the material. You will need to do this for each workshop you wish to download.

Hopefully these instructions have guided you to the workshop materials you were looking for, but if you're having trouble or need some additional support, let us know by emailing OlderAdults@camh.ca.

Happy browsing!

Older Adults Project Team

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