



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

Self-Management and Professional Development Training for Healthcare Professionals

Informed Decision Making

Learn practical, person-centred strategies to help patients and clients assess their options and make decisions that reflect their values and preferences.



Join us online via Zoom

Workshop topics include:

- Participants will develop skills for supporting informed and shared decision making, including the Ask-Offer-Ask approach, the BRAIN worksheet, and the use of decision aids.
- Participants will explore person and family-centred care, motivational interviewing, informed decision making, and practical ways to apply these skills in practice.

Register today

Online: kchc.ca/programs/regional-self-management-program/ or
Email: selfmanagement@kchc.ca



Workshop date Oct. 15th 8:30-12:00. Space is limited.

