

Talk Ask Listen

A Mental Health Literacy Workshop

Created and facilitated by the Do More Agriculture Foundation

“Talk Ask Listen is designed to inspire understanding and action — it’s not therapy, but a catalyst for change.”

Workshop Summary

- **Talk Ask Listen** is The Do More Agriculture Foundation’s flagship mental health literacy workshop, designed specifically for people who live and work in agriculture and rural communities.
- This engaging and interactive session empowers participants to recognize the signs of mental distress, feel confident starting supportive conversations, and know how to connect others with help.
- This workshop is facilitated by mental health professionals and individuals with lived experience in agriculture.

Objectives

Participants will:

- Increase their understanding of mental health in the agricultural context.
- Learn how to comfortably talk about mental health with colleagues, employees, and community members.
- Build confidence in offering support and taking appropriate action.
- Contribute to cultivating a culture of mental well-being across the agricultural sector.

Workshop Information

- **Date:** February 25, 2026
- **Location:** Lomond Community School
- **Time:** 6:00 pm
- **Cost:** Free
- **Format:** A one-hour, virtual workshop
- **Snacks provided by:** Grub Hub Restaurant
- **Space is limited:** Please register for this workshop
- **Registration:** Alex Whittington – email: cao@villageoflomond.ca or phone: (403) 792-3611

This workshop is included in the Vulcan County Mental Wellness Coalition’s initiative:

Looking Out for Our Own: The Mental Wellbeing for Every Agricultural Family in Vulcan County

For more information on this initiative contact—
Vulcan County Health & Wellness Foundation.

(403) 485-4001 or email: vchwfoundation@gmail.com