

**FRIENDSHIP IS THE
COMFORT THAT
COMES FROM
KNOWING THAT
EVEN WHEN YOU
FEEL ALL ALONE,
YOU AREN'T.**

**FOR MORE
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**Canadian Mental
Health Association**
Prince Edward Island

**THE ART OF
FRIENDSHIP**

CONNECTION & RECOVERY

Healthy relationships are essential for a happy and stable life. To have a good relationship, or to improve an existing one, requires us to use tools and skills that enable us to understand communication styles and perspectives.

CMHA Calgary



WHAT TO EXPECT

The Art of Friendship is a program offered by the Canadian Mental Health Association, PEI Division (CMHA), in partnership with the University of Prince Edward Island.

The program is designed for individuals who are living with a mental illness or a mental health concern.

The program lasts for eight weeks, meeting once a week for two hours. Registration is required to attend.

Each week there are discussions and activities to explore a variety of topics. The topics include:

- Responsibility & Commitment*
- Understanding Human Behaviour*
- Values & Integrity*
- Boundaries*
- Communication & Conflict*
- Self-Disclosure & Trust*
- Intimacy & Friendship*

WHY IT WORKS

CMHA believes in peer support, meaning that we believe people are experts by experience. This means there is real value in creating space to work towards recovery together. The program is designed for small groups so that participants can feel comfortable and safe to share their insight and experience.

CMHA also believes that recovery is possible. For that reason, the program is reality-based and solution focused, to encourage resiliency in the future.

