



For more information,  
visit our website  
[pei.cmha.ca/learninghub](http://pei.cmha.ca/learninghub)

To register, contact our  
Education Coordinators

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Canadian Mental  
Health Association  
Prince Edward Island

Winter 2021 Course Calendar

# CMHA PEI LEARNING, TRAINING, & SUPPORT HUB

Partners in improving mental  
health & wellbeing

# What is the CMHA PEI Learning, Training, & Support Hub?

The CMHA PEI Learning, Training, & Support Hub exists to increase awareness, foster mental health, improve wellbeing, and develop skills for resilience. The Hub uses adult education strategies and health promotion approaches to help individuals, families, and professionals learn and grow together.

Each season, the Hub offers courses across the Island. These courses are developed and taught by CMHA staff and volunteers. This program is made possible thanks to the support of our generous funder, the Department of Health & Wellness.



**Canadian Mental  
Health Association**  
Prince Edward Island



## Frequently Asked Questions

Anyone aged 16+ is welcome to register and attend our courses. The Hub is all about learning together. Courses target certain needs and topics. Some have requirements to participate to support those needs..

Who can attend these courses?

How much do courses cost?

Most of our courses are free. All we ask is that you register before attending. Some courses have a cost. If you are interested in these courses and can't afford the fee, let us know. We might be able to reduce the financial barrier.

Courses are built and taught by folks with expertise based on lived experience, expertise based in professional training. This makes our courses grounded in reality and rooted in best practice and research.

Who teaches the courses?

What happens in a course?

Our courses are friendly, informative, and engaging. You can expect thoughtful content, lively discussions, helpful applications, and interesting activities that will help you to learn and grow. Some of our courses are in person and some are online.

# ONE-TIME SESSIONS

The following are one-time educational sessions. They are designed as a bite-sized introduction to a relevant topic. Each session was co-developed and co-delivered. The sessions are either in-person or online and typically last between one to two hours long.

## Maintaining Wellbeing During Current Events FREE | 1.5 HOURS | ONLINE

Location: A Zoom Meeting  
Date: Monday, January 25th  
Time: 7pm - 8:30pm

To register, contact Amanda  
at [a.gallant-squires@cmha.pe.ca](mailto:a.gallant-squires@cmha.pe.ca)

This session explores different aspects of wellbeing and how our circumstances might affect these aspects. Join us for conversations around strategies to manage our wellbeing, to stay resilient, and to focus on self-care.

## Challenging Loneliness & Isolation FREE | 1.5 HOURS | ONLINE

Location: A Zoom Meeting  
Date: Monday, January 18th  
Time: 7pm - 8:30pm

To register, contact Amanda  
at [a.gallant-squires@cmha.pe.ca](mailto:a.gallant-squires@cmha.pe.ca)

This session explores loneliness, isolation and solitude, examining the stigma and value attached with being alone. Join us for conversations around strategies to manage loneliness and isolation and perspectives on the attached emotions.

## Exploring Self-Esteem FREE | 1.5 HOURS | ONLINE

This session explores why we struggle with self-esteem and the importance of fostering positive self-esteem. Join us for conversations around strategies to improve self-esteem and to take a more compassionate approach to self-evaluation.

Location: A Zoom Meeting  
Date: Monday, March 22nd  
Time: 7pm - 8:30pm

To register, contact Amanda  
at [a.gallant-squires@cmha.pe.ca](mailto:a.gallant-squires@cmha.pe.ca)

# How to Support Your Loved One

FREE | 1.5 HOURS | IN PERSON

This session explores ways to be helpful to our loved ones when they are struggling. Join us for a conversation around empathy and compassion, and for tools in balancing support with healthy boundaries.

Location: Montague  
Date: Thursday, February  
25th

Time: 4pm - 5:30pm

To register, contact Amanda  
at [a.gallant-squires@cmha.pe.ca](mailto:a.gallant-squires@cmha.pe.ca)

# How to Support Your Loved One

FREE | 1.5 HOURS | IN PERSON

Location: Summerside  
Date: Thursday, February  
25th

Time: 4pm - 5:30pm

To register, contact Amanda  
at [a.gallant-squires@cmha.pe.ca](mailto:a.gallant-squires@cmha.pe.ca)

This session explores ways to be helpful to our loved ones when they are struggling. Join us for a conversation around empathy and compassion, and for tools in balancing support with healthy boundaries.



# COURSES

The following are multi-week educational courses. They are designed to provide a broader exploration of a relevant topic. Each course was co-developed and co-delivered. The courses are either in-person or online.

## Insights to Anxiety

FREE | 4-WEEKS | ONLINE

This course explores symptoms and coping strategies for the physical, mental, and emotional symptoms of anxiety. Join us for conversations around treatment options and tools to reduce anxiety in our daily lives.

Location: Zoom Meetings  
Date: Every Tuesday from  
February 23rd to  
March 16th  
Time: 7pm - 8:30pm  
To register, contact Amanda  
at [a.gallant-squires@cmha.pe.ca](mailto:a.gallant-squires@cmha.pe.ca)

## Conquering Negative Thought Patterns

FREE | 3-WEEKS | ONLINE

This course explores patterns of negative thinking and provides you with a two-step process for changing negative thoughts to positive thoughts. Join us for conversations around your inner critical voice, distorted thinking, and how to change your thought patterns.

Location: Zoom Meetings  
Date: Every Tuesday from  
February 2nd to February  
16th  
Time: 7pm - 8:30pm  
To register, contact Amanda  
at [a.gallant-squires@cmha.pe.ca](mailto:a.gallant-squires@cmha.pe.ca)



# TRAINING

The following are certified trainings. These trainings are evidence-based and developed by partner organizations. Staff at the Canadian Mental Health Association PEI Division are trained to deliver these trainings. There is a fee to register for these trainings. There may be pre-requisites to take the training. For a full list of possible trainings through CMHA, please visit : [pei.cmha.ca/home/our-programs/education-and-training/](http://pei.cmha.ca/home/our-programs/education-and-training/)



## suicide to Hope

\$150 | FULL DAY WORKSHOP

suicide to Hope: A Recovery and Growth Workshop is a one-day workshop designed for clinicians and other professional caregivers who work with persons recently at risk and currently safe from suicide. The work is on a longer-term basis and beyond suicide first-aid emergency situations. s2H provides tools to help caregivers and persons with experiences of suicide to work together to develop achievable and significant recovery and growth goals.

s2H assumes that participants already have some familiarity with suicide prevention and intervention techniques. The skills learned in suicide to Hope are designed to complement this existing knowledge and experience. **For that reason, ASIST is a pre-requisite for registering in suicide to Hope.**

In preparation for s2h, participants will be asked to complete 2-3 hours of reading - a link will be send out prior to the workshop. Upon completiong of s2H, participants receive a certificate for 8 accredited hours of suicide prevention training.

Location: Charlottetown  
Date: Friday, February 19th  
Time: 8:30am - 4:30pm

For more information, email [pdoyle@cmha.pe.ca](mailto:pdoyle@cmha.pe.ca) or call (902) 628-3669

Please note:  
We cannot reserve seating. Seats are confirmed upon receiving registration and payment.

# SUPPORT

The following are CMHA sponsored peer support groups for people living in PEI. Peer Support or self-help groups encourage people with similar experiences to share their struggles and lived expertise to help themselves and help others. For a complete list of self-help groups across the Island, please visit: [pei.cmha.ca/home/find-help/self-help-groups/](http://pei.cmha.ca/home/find-help/self-help-groups/)

## CMHA PEI Still Here Mental Health Support Group

Still Here is a Mental Health Peer Support group where we all struggle with mental illness or have someone we know who has struggled.

These groups are free, confidential and facilitated by CMHA peer support staff either online or in-person.

**CONTACT A.BELANGER-  
BIRT@CMHA.PE.CA FOR TIMES  
AND LOCATIONS**

## CMHA Kings County Social

Are you looking for an opportunity to get out of the house and build some connections in your community? Join us for a free hour of discussion, crafts, and snacks. Anyone 16+ welcome to join! Masks mandatory and all public health guidelines will be maintained. 10 people maximum per gathering, first come, first serve for spaces.

Location: Montague

Dates: Thursday,  
January 21st & Thursday,  
February 18th

Time: 2pm - 3pm

Location: Souris

Dates: Thursday, February  
4th & Thursday, March 4th

Time: 2pm - 3pm

**CONTACT A.GALLANT-  
SQUIRES@CMHA.PE.CA FOR TIMES  
AND LOCATIONS**