



For more information,
visit our website
pei.cmha.ca/learninghub

To register, contact our
Education Coordinators

register@cmha.pe.ca

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Canadian Mental
Health Association
Prince Edward Island

Summer 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.

ONLINE WEBINARS

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 online and typically last between one to two hours long.

Developing Self Compassion

FREE | 1.5 HOURS | ONLINE

Location: A Zoom Meeting
Date: Monday, June 21st
Time: 7pm - 8:30pm

To register, email
register@cmha.pe.ca

Do you struggle with self-compassion? Self-compassion means responding to yourself with kindness when you are experiencing a difficult time. This course will help you understand the benefits of being kind to yourself and how to develop a regular practice of self-compassion. Topics covered: identifying the benefits of self-compassion, exploring the three parts of self-compassion, developing your own daily practice of self-compassion.

Why Am I So Tired?

FREE | 1.5 HOURS | ONLINE

Location: A Zoom Meeting
Date: Tuesday, July 13th
Time: 7pm - 8:30pm

To register, email
register@cmha.pe.ca

Have you been feeling particularly tired and even exhausted over the last few weeks? This online webinar will explore sleep and fatigue and explain why you may be feeling so tired lately. The two types of sleep will be explained and the consequences of too little sleep will be identified. Strategies to improve sleep and reduce fatigue will be shared.

Navigating Relationships

FREE | 1.5 HOURS | ONLINE

This online webinar will focus on the characteristics of healthy and unhealthy relationships. This webinar also discusses ways to repair and recover from unhealthy relationships and helps with making a plan for developing healthier relationships in the future. Family, friends and romantic relationships will be explored.

Location: A Zoom Meeting
Date: Thursday, July 29th
Time: 7pm - 8:30pm

To register, email
register@cmha.pe.ca

ONLINE WEBINARS

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 online and typically last between one to two hours long.

Considering Your Physical Health

FREE | 1.5 HOURS | ONLINE

It is difficult to feel any sense of control during recent current events but one thing you can take control of is how you treat your body. Learn how a nutritious diet and exercise contribute to your mental health and overall well-being.

Join us for this conversation with special guest, **Tracey Gairns-Brioux**, owner and founder of RESET: breathe.

Location: Zoom Meeting
Date: Thursday, August 12th
Time: 7pm - 8:30pm

To register,
register@cmha.pe.ca

Insights to Bipolar

FREE | 1.5 HOURS | ONLINE

Bipolar disorder is a mental illness where people experience extreme mood swings that affect their thinking, behavior and functioning. This online webinar will increase the students understanding of bipolar and help increase students' knowledge about manic and depressive episodes.

Location: Zoom Meeting
Date: Monday, August 23rd
Time: 7pm-8:30pm

To register, email
register@cmha.pe.ca



Try It Tuesdays!

FREE | EACH TUESDAY | FACEBOOK LIVE

Trying something new can greatly improve your mental health and overall wellbeing. Join us over your lunch break each Tuesday in July for Try it Tuesdays, where we'll be chatting with special guests about new hobbies, activities, and more. These events will take place on Facebook Live at Noon, where we'll be talking about the mental health benefits of trying new things!

New activities each week including:

- Yoga
- Getting Active with Go!PEI
- Journaling
- Music for mental health

Use #TryitTuesday on your socials, to share with others the hobbies that keep you busy! Don't forget to tag us in your posts!

Join us and interact through user friendly discussions on Facebook! We will have a facilitator reading your comments and answering questions!

#TRYITTUESDAY



WHAT IS CBT?

CBT stands for Cognitive Behavioural Therapy. It is a therapy technique that focuses on tools and skills for addressing thoughts, behaviours, and actions. It is recommended for people living with mild to moderate depression and anxiety as well as for anyone who is experiencing stress or distress as they experience change or transitions in life, such as graduation, children moving away, separation, job change, etc.

Bounce Back

FREE | SELF-GUIDED

It's common to feel low, stressed out, worried, depressed, irritable, angry, or nothing at all. With the right tools and practice, you can reclaim your mental health. This self-guided program uses skill-building CBT-based workbooks and telephone connection with a trained coach to help you make a positive change.

Available through self-guided workbooks and telephone coaching

To register, visit bounceback.cmha.ca/register/

COURSES

The Learning, Training and Support Hub offers courses that run from 3 to 8 weeks. Similar to the online webinars, each course has been co-produced and is co-delivered.

Establishing Boundaries

FREE | 3 WEEKS | IN PERSON

Boundaries are the guidelines or personal rules that a person identifies as reasonable and safe ways to interact with others. This three session course will help you to identify your personal boundaries and to ensure that you receive respect from others. In this course we will discuss what boundaries are and why they are important and change over time, how to have a boundary conversation and how to say "no" will be explored.

Location: Queens, Prince & Kings County
Dates: July 6th-20th
Time: 1pm-2:30pm

Register by emailing register@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 prerequisites to take the training. For a full list of possible trainings through CMHA, please visit : pei.cmha.ca/home/our-programs/education-and-training/

Facilitator Training

FREE | 3-HOURS | IN PERSON

Location: Charlottetown

Dates:

Wednesday, August 11th

Time: 9am - 12pm

OR

Thursday, August 26th

Time: 1pm-4pm

To register for either session,
email register@cmha.pe.ca

Are you interested in co-facilitating courses in the CMHA Learning, Training and Support Hub? This course will provide the basics of facilitating to groups and provide experience with public speaking. Learn about various teaching and learning styles and explore the purpose of group learning, and develop the skills to lead a productive session or presentation.



STAY TUNED FOR MORE TRAINING OPPORTUNITIES IN THE FALL.

STAY UP TO DATE BY FOLLOWING OUR SOCIAL MEDIA ACCOUNTS:

cmha_pei



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/

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 food and discussion! Pre-registration required.

Location: Montague

Thursday, July 8th
2:00pm

**CONTACT 902-838-2489 OR
REGISTER@CMHA.PE.CA FOR
LOCATION**

Monthly Family Support Group

Are you caring for a family member or loved one who is dealing with a mental health concern? Participating in self-help offers social support, relief from isolation and provides education and practical information. Most importantly you know you're not alone because you're surrounded by others with similar struggles and experiences.

Call (902) 628-1648 or
email
register@cmha.pe.ca
for more information