



Canadian Mental
Health Association
Prince Edward Island

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FOR IMMEDIATE RELEASE

CMHA PEI offering online Move and Groove Mondays

Charlottetown---The Canadian Mental Health Association – PEI Division (CMHA) is offering “Move and Groove Mondays” this February & March as part of the Winter Calendar for CMHA PEI’s Learning, Training Support Hub. The Learning Hub offers a range of courses to support mental health awareness, improve wellbeing, foster positive mental health and develop skills for resilience.

Movement is fundamental to our health and well-being and is an essential part of our mental health tool kits. “Move and Groove Mondays” is a free, inclusive and accessible dance class led by Surraya Aziz, to help you (re)connect to your body, learn some moves, and get creative in a fun and welcoming virtual environment from the comfort of your home. Aziz is a mental health advocate, artist, and dance teacher passionate about movement and community.

Natasha McKenna, CMHA PEI’s Manager of Community Outreach and Education, says they are really excited and looking forward to starting these classes. “They are open to everyone in the community; folks with lived experience of mental health challenges, individuals looking to strengthen their well-being and anyone looking for more movement in their life.” She adds, “The Classes will be accessible and beneficial to a wide range of people of varying ages, body types and movement abilities – whether you are a trained mover or not.” Classes will be held every second Monday starting February 7 until March 21, 2022 from 7-8:00PM, via Zoom.

The CMHA PEI Learning, Training and Support Hub provides a unique learning environment and supportive community that brings together the expertise of lived experience of mental illness along with professionals to collaborate on the development and delivery of courses to support mental wellbeing and recovery. The full Winter 2022 Course Calendar features a range of virtual courses and is available on the CMHA PEI website at: <https://pei.cmha.ca/home/our-programs/cmha-learning-training-support-hub/>

To register for “Move and Groove Mondays” or any Learning Hub courses, please email: register@cmha.pe.ca or call 902-628-1648.

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For media interviews contact:

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About Canadian Mental Health Association – PEI Division

CMHA-PEI works to improve the mental health and wellness of people living in PEI. Across the province, CMHA-PEI has over 150 volunteers and 100+ support staff providing programs, education and information, research and advocacy to achieve the goal of strengthening and enhancing every Islanders' ability to achieve and maintain positive mental health. For more information on CMHA PEI, visit: <https://pei.cmha.ca/>

About Surraya Aziz: Surraya Aziz is a mental health advocate, artist, and dance teacher from Ottawa now living in PEI. She has training in a variety of dance styles, predominantly in Ballet, Hip-Hop, House, and Integrative Dance. Throughout her career, Surraya has been a guest dancer and teacher with Propeller Dance (Ottawa), a dance teacher for youth at risk with Culture Shock Ottawa, and a collaborative partner for community collaboration with folks from the Royal Ottawa Hospital and Psychiatric Survivors of Ottawa.

Surraya's passion for mental health and dance started early in life and led her to earn a degree in Psychology and Mental Health from the University of Toronto in 2015. Living with mental illness herself, Surraya is passionate about bringing compassion, light, and joy to her communities through movement, connection, and creative collaboration.