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Canadian Mental  
Health Association  
Prince Edward Island

Fall 2022 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?

All of our courses are free. All we ask is that you register before attending. Some training opportunities have a cost. If you are interested in these 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, and 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 topic. Each session is co-developed and co-delivered.

## Insights Into Bipolar

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**  
**Date: Thursday, October 6th**  
**Time: 7:00-8:30PM**

**REGISTER NOW**  
For inquiries, email  
[register@cmha.pe.ca](mailto:register@cmha.pe.ca)

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.

## Insights Into Anxiety

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**  
**Date: Tuesday,**  
**November 8th**  
**Time: 12:00-1:30PM**

**REGISTER NOW**  
For inquiries, email  
[register@cmha.pe.ca](mailto:register@cmha.pe.ca)

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

## Self-Connection Through Journaling

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**  
**Date: Tuesday,**  
**November 24th**  
**Time: 7:00-8:30PM**

**REGISTER NOW**  
For inquiries, email  
[register@cmha.pe.ca](mailto:register@cmha.pe.ca)

Journaling is a way to connect with your emotions and develop perspective. This webinar will focus on the art and benefits of consistent journaling. Emphasis will be placed on the unique approaches you can take with your own journaling practice.

# Healthy Habits \*New\*

FREE | ONLINE

Healthy habits are associated with long-term wellness benefits and can help us meet our wellbeing goals. This course will explore habit formation, barriers to creating new habits, and how to overcome these barriers and improve your life!

**Location:** Online  
**Date:** Thursday, December 6th  
**Time:** 7:00-8:30PM

**REGISTER NOW**  
For inquiries, email [register@cmha.pe.ca](mailto:register@cmha.pe.ca)

# SOCIAL

Maintaining an active social life can enrich our daily life. Our social events are informal and offer a relaxed, low-pressure environment to meet new people, chat, and try something new! Socials are free to attend but we do ask that you register in advance. We hope to see you there!



# Fall Social Activity

FREE | IN PERSON

Join CMHA for some fun fall activities, snacks and conversations. Contact your counties office for more information.

**REGISTER NOW**

For inquiries, email [register@cmha.pe.ca](mailto:register@cmha.pe.ca)

**Location:** Charlottetown  
**Friday, October 14th**  
-Noon

**Summerside: October 21st**  
-Noon

**Montague ; Friday October**  
**28th -Noon**



# 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.



## BounceBack (En/Fr)

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.

With BounceBack you'll have access to a trained coach and CBT based skill building workbooks that can be selected to meet your needs! This can be accessed in both English and French.

**Available through self-guided workbooks and telephone coaching**

**To register, visit [bounceback.cmha.ca/register/](https://bounceback.cmha.ca/register/)**

## Well Central (En/Fr)

CMHA's Well Central is a self-directed, web-based online channel with free interactive courses that empower individuals to take control of their recovery and well-being.

**For more information or to sign up, visit**

**[www.wellcentral.ca](https://www.wellcentral.ca)**

# COURSES

Our courses can be a one time session or can run up to 8 weeks and are focused on personal recovery in mental health and well-being. Courses are co-developed and co-delivered, meaning mental health professionals and people who have their own experience in personal recovery work together to create and facilitate these courses.

## Wellbeing 101

FREE | 1 WEEK IN PERSON

Well-being can be described as the state of being comfortable, healthy and happy. This three-session course will describe the various dimensions of well-being and impact of well-being on our mental health. Strategies will be shared to help start a daily practice of well-being.

**Location: Alberton and Souris**

**Date: Thursday, November 3rd**

**Time: 6:00-7:30PM**

**REGISTER NOW**

**For inquiries, email [register@cmha.pe.ca](mailto:register@cmha.pe.ca)**

## Don't Stress About Stress

FREE | 2-WEEKS | ONLINE

Stress is an experience that is universal and cannot be avoided. This two session course examines various perspectives on stress and provides practical strategies to respond to stressful experiences. We will examine two different kinds of stress and identify the benefits of stress. We will practice several stress management techniques.

**Location: Montague and Summerside**

**Date: Tuesday October 11th and 18th**

**Time: 1:00-2:30PM**

**REGISTER NOW**

**For inquiries, email [register@cmha.pe.ca](mailto:register@cmha.pe.ca)**

## Conquering Negative Thought Patterns

FREE | 3 WEEKS IN PERSON

Are you struggling with negative thinking? This three session course will review patterns of negative thinking and provide you with a two-step process for changing negative thoughts to positive thoughts. Topics covered: recognizing your inner critical voice, types of distorted thinking, and recognizing your own negative thoughts.

**Location: Charlottetown and Montague**

**Date: Tuesday November 15th, 22nd and 29th**

**Time: 1:00-3:00PM**

**REGISTER NOW**

**For inquiries, email [register@cmha.pe.ca](mailto:register@cmha.pe.ca)**





# Family Program: Finding Hope & Building Strength

**FREE | 8 WEEKS | IN PERSON**

This course is designed to educate, support, and equip individuals who have a loved one living with a mental health concern. Join us for conversations around understanding your loved one's experience and to exploring treatment and community resources. We also learn and practice skills around self-care, boundaries, communication and de-escalation.

**"This course saved my sanity when I  
really needed saving. Thank you."  
- Past Participant**

**Location: Charlottetown**

**Date: October 18- December 13**

**Time: Tuesdays**

**6:30-8:30 PM**

**[REGISTER NOW](#)**

**For inquiries, email  
[register@cmha.pe.ca](mailto:register@cmha.pe.ca)**

# SUPPORT

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 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 a place to share practical information. Most importantly you know you're not alone because you're connected with others with similar struggles and experiences.

**Location: Charlottetown**  
**Date: Every 2nd Tuesday**  
**of every month at 7:00 PM.**

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

## 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**

