



**Canadian Mental
Health Association**
Prince Edward Island

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FOR IMMEDIATE RELEASE

CMHA PEI Launches Learning Hub Winter Calendar

Charlottetown---The Canadian Mental Health Association – PEI Division (CMHA) has just launched their Learning Hub Winter Calendar with free courses for Islanders being offered over the next few months.

CMHA PEI’s Learning Hub launched in 2020, helps Islanders increase mental health awareness, improve their well-being, develop skills for resilience, connect with resources and share experiences in a safe, welcoming and facilitated environment. Each new calendar offers free in person courses, webinars, workshops and events and for the first time since its beginning, a self-guided pre-recorded webinar, *Insights Into Bipolar Disorder*, will be offered. Other session topics include, *Stress Management*, *Developing Self-Compassion*, *Insights into Depression* and *Caring for the Caregiver*.

CMHA PEI’s Director of Community Education and Peer Supports, Julia Ramsay, says, “CMHA is excited to kick off 2023 with a brand-new Winter Calendar. The Learning Hub is where learning and wellbeing come together with each course designed to gain new skills and connect with others. CMHA’s Education Team strives to offer a full complement of courses with a wide variety of topics while making sure everything is accessible to all Islanders.”

To view the winter 2023 calendar, please go to CMHA PEI’s website: www.pei.cmha.ca To register for courses or for more information, please email: register@cmha.pe.ca or call 902-628-1648.

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Media Contact/ Interview Requests

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