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Canadian Mental
Health Association
Prince Edward Island

Winter 2023 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.

Healthy Habits

FREE | 1.5 HOURS | ONLINE

Location: Zoom
Date: Tuesday January 17th
Time: 12:00PM-1:30PM

REGISTER NOW
For inquiries, email
register@cmha.pe.ca

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!

Insights Into Depression **RESCHEDULED**

FREE | 1.5 HOURS | ONLINE

Location: Zoom
Date: Tuesday,
March 14th
Time: 12:00-1:30PM

REGISTER NOW
For inquiries, email
register@cmha.pe.ca

Depression is a common experience when dealing with uncertain times and challenging current events. This webinar will discuss the symptoms of depression and the different ways that depression presents itself, bringing focus to strategies to manage depression and get through difficult times

Developing Self-Compassion

FREE | 1.5 HOURS | ONLINE

Location: Zoom
Date: Wednesday,
February 1st
Time: 12:00PM-1:30PM

REGISTER NOW
For inquiries, email
register@cmha.pe.ca

Self-compassion means responding to yourself with kindness when you are experiencing a difficult time. This webinar will help you understand the benefits of being kind to yourself and how to develop a regular practice of self-compassion.

Finding My Voice To Advocate

FREE | 1.5 HOURS | ONLINE

Location: Zoom
Date: Thursday,
February 16th
Time: 7:00PM-8:30PM

REGISTER NOW
For inquiries, email
register@cmha.pe.ca

Are you wondering how you can get more out of your relationships with healthcare and other service providers? Maybe you are wondering how to speak up and get your rights and your wishes met and respected. In this webinar, we will define advocacy and self-advocacy as a skill.

Considering Your Physical Health

FREE | 1.5 HOURS | ONLINE

Location: Zoom
Date: Friday, February 24th
Time: 12:00PM-1:30PM

REGISTER NOW
For inquiries, email
register@cmha.pe.ca

This webinar will highlight the importance of physical health, and its connections to mental health and our overall wellness. Join in for tips on starting new exercise practices (or starting again) to support your body and mind.

Stress Management

FREE | 1.5 HOURS | ONLINE

Location: Zoom
Date: Thursday, March 9th
Time: 7:00PM-8:30PM

REGISTER NOW
For inquiries, email
register@cmha.pe.ca

This webinar looks at various perspectives on stress and provides practical strategies to respond to stressful experiences. We will compare two different kinds of stress and identify the benefits and challenges of stress. Together, we will identify several stress management techniques.

Insights into Borderline Personality Disorder

FREE | 1.5 HOURS | ONLINE

Location: Zoom
Date: Tuesday,
March 12th
Time: 7:00PM-8:30PM

REGISTER NOW
For inquiries, email
register@cmha.pe.ca

This session will talk about the experience of being diagnosed with BPD and the stigma and misconceptions surrounding BPD will be explored. Strategies and techniques drawn from Dialectical Behavior Therapy (DBT) and other evidence-based approaches will be used to develop skills.

Games Social: Codenames

FREE | ONLINE

Join us via Zoom for an online social to connect with each other!

Codenames is a puzzle game that is easy to learn, so if you haven't played before this is a great opportunity to try something new!

Location: Online

**Date: Friday,
January 27th**

Time: 12PM-1PM

[REGISTER NOW](#)

For inquiries, email
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!



Winter Social Activity

FREE | IN PERSON

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

[REGISTER NOW](#)

For inquiries, email
register@cmha.pe.ca

**Location: Montague &
Summerside**

Date: Friday March 17th

Time:

Montague-2:00pm-3:30pm

Summerside-12:00-1:30pm

SELF- GUIDED

***NEW* Insights into Bipolar**

Bipolar disorder is a mental illness where people experience extreme mood swings that affect their thinking, behavior and functioning. This pre-recorded, self-guided course will increase understanding of bipolar and help increase students' knowledge about manic and depressive episodes.

**To access this course,
email
register@cmha.pe.ca**

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/](http://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



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.

Caring for the Caregiver

FREE | 2-WEEKS | ONLINE

Anyone can find themselves in a caregiving role. A caregiver could be a family member, a friend, a community member, a front-line worker, or anyone providing support to someone living with a mental illness. Join us as we explore topics like caregiver stress, compassion fatigue, establishing boundaries and maintaining your own wellness as a caregiver.

Location: Zoom

Date: Thursdays

March 23 & March 30

Time: 1:00-2:30pm

[REGISTER NOW](#)

**For inquiries, email
register@cmha.pe.ca**

Exploring Body Image

FREE | 3-WEEKS | IN PERSON

Body image and self-esteem are directly related to our mental wellness. This course will discuss the impacts of body image on different individuals and cultures and identify factors that influence your self-esteem. We will explore strategies to improve body image and create an individualized plan to increase body acceptance.

Location: Charlottetown

Date: Wednesdays

March 8th, 15th, 22nd

Time: 1:00-2:30PM

Location: Montague

Date: Wednesdays

March 15th, 22nd, 29th

Time: 1:00-2:30PM

[REGISTER NOW](#)

**For inquiries, email
register@cmha.pe.ca**

Why am I so Tired?

FREE | 1-WEEK | IN PERSON

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 be identified. Strategies to improve sleep and reduce fatigue will be shared.

Location: Summerside & Montague

Date: Tuesday, Feb 7

Time: 1:00-2:30pm

[REGISTER NOW](#)

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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/

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

