



For more information,
contact France at:

902-628-1648

or email:

register@cmha.pe.ca



Canadian Mental
Health Association
Prince Edward Island

Spring 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 ON LINE 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.

Bite Size Well Being 101

FREE | 1.5 HOURS | ONLINE

Location: Zoom

Date: Tuesday April 25th

Time: 12:00PM-1:30PM

REGISTER NOW

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

Well-being can be described as the state of being comfortable, healthy and happy. This “bite-size” 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. *Please note this is a condensed version of our full course.*

Recovery 101

FREE | 2.0 HOURS | ONLINE

Location: Zoom

Date: Wednesday

May 17th

Time: 7:00 - 9:00 PM

REGISTER NOW

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

Recovery is the process of redefining and rebuilding your life with the experience of mental health issues. This course is an opportunity to explore and discuss various approaches to recovery and wellness. Recovery will be defined and explored as an individual journey and strategies and approaches to recovery will be presented.

Navigating Relationships

FREE | 1.5 HOURS | ONLINE

Location: Zoom

Date: Thursday

June 8th

Time: 7:00- 8:30PM

REGISTER NOW

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

This online webinar will focus on the characteristics of healthy and unhealthy relationships. This course 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



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!



Join us for

Ice Cream Social

FREE | IN PERSON

Join CMHA staff for ice cream, fun and conversations as we gather to celebrate you during Mental Health Week

REGISTER NOW

For inquiries, email
register@cmha.pe.ca

Location: Montague
Date: Thursday May 4th

Montague-
Time:
1:00pm-3:00pm

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



TRAINING

The following are certified training courses. These training sessions are evidence-based and developed by partner organizations. Staff at the Canadian Mental Health Association PEI Division are trained to deliver these courses. There is a fee to register for these courses. There may be pre-requisites to take the training. For a full list of possible training courses through CMHA, please visit:
<https://pei.cmha.ca/our-programs/training/>

Mental Health First Aid

This program aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend, or a colleague.

April 21st and April 28th
Murchison Centre in Charlottetown
The cost is \$200.00 and includes materials and nutritional breaks. Please reach out to the training contact listed below:
Les Wagner / cmhawest@cmha.pe.ca / (902) 436-7399



Life after Suicide Loss

This is a multi week group program that offers participants opportunities for hope and reassurance while journeying through the grieving process as well as finding their own path of hope and healing.

This 9 week program is offered twice a year.
Registration is required. Please reach out to register at:
register@cmha.pe.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 | 1-WEEK | IN PERSON

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: Charlottetown,
Summerside & Montague**
Date: Monday June 19th

Charlottetown 6:30-8:30 pm

Summerside 1:30-3:30 pm

Montague 1:30-3:30 pm

REGISTER NOW

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

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 3 week 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.

Charlottetown & Montague

Tuesdays

May 9th, 16th and 23rd

1:30-3:00 p.m.

Summerside

Tuesdays

May 16th, 23rd and 30th

1:30-3:00 pm

REGISTER NOW

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 are 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

Charlottetown @ 203 Fitzroy Centre (back door)

Monday 11:30-1:00 pm or Wednesday 7:00-9:00 p.m.

Montague @ CMHA office 272 Main Street

Thursday 11:30-1:00 p.m.

CONTACT ASHLEY 902-628-3666 OR
A.BELANGER-BIRT@CMHA.PE.CA

