



For more information,  
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Canadian Mental  
Health Association  
Prince Edward Island



Summer 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 well-being, 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.



Canadian Mental  
Health Association  
Prince Edward Island





**SPRING**

**FALL**

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.

**Winter**

**SUMMER**



## 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.

## Summer Self Care

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**  
**Date: Thursday July 13th**  
**Time: 1:30-2:30 p.m.**

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

## Dealing with Anxiety

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**  
**Date: Thursday,**  
**July 20th**  
**Time: 1:30-2:30 p.m.**

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

Dealing with Anxiety is a workshop where we will identify the signs and causes of an anxiety disorder and explore the different types of anxiety disorders. In addition we will help you to develop strategies and techniques to cope with anxiety

## The Body Image Challenge

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**  
**Date: Thursday July 27th**  
**Time: 10:00-11:00 a.m.**

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

Self-compassion means responding to yourself with kindness when you are experiencing a difficult time. This can be a challenge when it comes to accepting our bodies. We will discuss factors that affect our body image, body image disorders and developing a plan to improve our body image.



## Stress Management

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**

**Date: Thursday,  
August 10th**

**Time: 1:30-2:30 p.m.**

**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.

## Why am I so tired

FREE | 1.5 HOURS | ONLINE

**Location: Zoom**

**Date: Thursday,  
August 24th**

**Time: 10:00-11:00 a.m.**

**REGISTER NOW**

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

This webinar will highlight the importance of physical health, sleep and its connections to mental health. We will distinguish between 2 different types of sleep. We will also identify strategies for better quality and quantity of sleep as well as strategies for overcoming fatigue and overtiredness.



*Thank  
you!*

*For taking care of  
yourself & signing up  
for our Summer  
Sessions*





## 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](http://www.wellcentral.ca)**

## SOCIAL

Maintaining an active social life can enrich our daily life. Social events can be informal or formal and can offer a relaxed, low-pressure environment to meet new people, chat, and try something new!

## TAKE IN A SOCIAL EVENT NEAR YOU!

**[welcomepei.com](http://welcomepei.com)**

Link to Welcome PEI website, featuring different events happening across the Island this Summer.

**[Festivals & Events PEI Facebook Page](#)**

Link to Festivals and Events PEI Facebook Page, featuring Summer events happening in Charlottetown and other areas of PEI.



# 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](mailto:register@cmha.pe.ca)

# WHAT IS CBT ?

CBT stands for  
Cognitive Behavioural  
Therapy.

It is a therapy that focuses on tools and skills to address thoughts, behaviours and actions. It is successful in helping reduce anxiety, depression & life challenges.

**CHECK OUT  
BOUNCE BACK**  
It is a CBT based  
self guided course  
this summer to help  
navigate "wavy  
times"

## **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/)



Keep an eye  
out for our  
fall/winter  
calendar !  
Arriving late  
summer !!



# 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/](https://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](mailto: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](mailto:A.BELANGER-BIRT@CMHA.PE.CA)**  
**FOR TIMES AND LOCATIONS**

