For more information, contact France at:

902-628-1648

or email:

register@cmha.pe.ca

Canadian Mental Health Association
Prince Edward Island

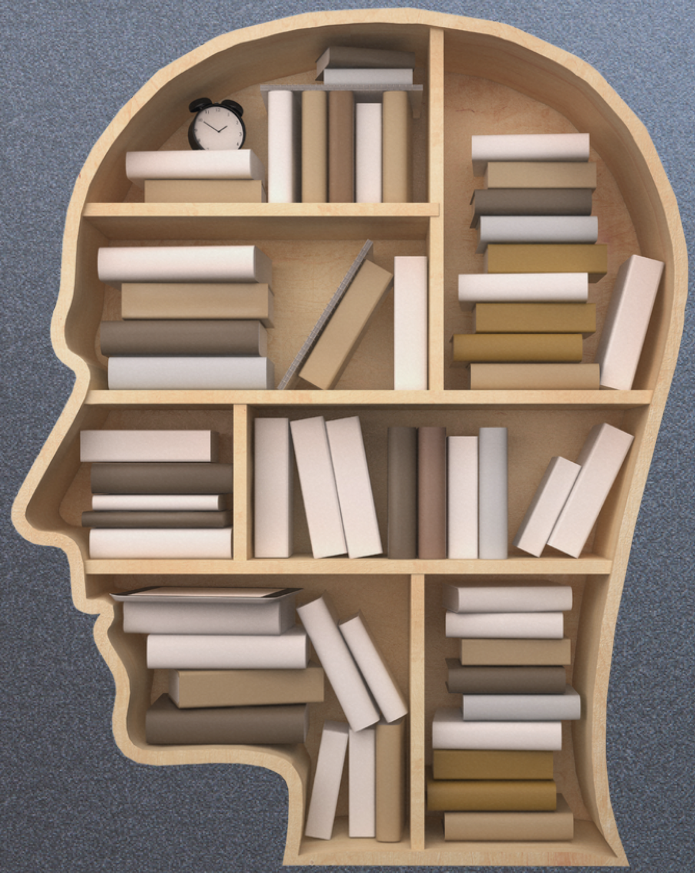
Fall & Winter 2023-2024
Course Calendar

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

Prince Edward Island
CANADA

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.

Frequently Asked Questions

Who can attend these courses?

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..

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.

Who teaches the courses?

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.

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.

SEPTEMBER ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.

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.

Finding Balance; Managing Life's Transitions

1 HOUR | ONLINE

Location: Zoom

Date: September 26th
Time: 12:00- 1:00 p.m.

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

We will discuss ways to manage your responsibilities and still have time for the things you enjoy.Change, control and emotional regulation will be topics discussed.

Finding Balance; Managing Life's Transitions

1 HOUR | IN-PERSON

Location: In-person Summerside

Date: Sept. 26th
Time: 7:00-8:00 pm

Location: In-person Charlottetown

Date: Sept. 28th
Time: 7:00-8:00 pm

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

Join us online

World Suicide Prevention Day 2023

SEPTEMBER 10th

CREATING HOPE THROUGH ACTION

This theme serves as a powerful call to action and reminder that there is an alternative to suicide and that through our actions we can encourage hope and strengthen prevention.

OCTOBER ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.

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.

World Mental Health Day

Mental Health Rights, Responses & RE-Purposing

1 HOUR ONLINE

Location: Zoom

Date: October 10th
Time: 12:00- 1:00 p.m.

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

Improved Mental Health: Join us to discuss "What are our rights, what is CMHA's vision for Canada & what can we do to Re-set and Re-purpose towards better Mental Health".

Breaking Modern Loneliness

1 HOUR | IN-PERSON

Location: In-person Summerside & Montague

Date: October 17th
Time: 7:00-8:00 pm

Location: In-person Charlottetown

Date: October 19th
Time: 7:00-8:00 pm

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

Breaking Modern Loneliness

1 HOUR | ZOOM

Location: Zoom

Date: October 17th

Time: 7:00 - 8:00 pm

Social isolation and loneliness are increasingly being recognised as a priority public health problem. Lets talk about how we deal with loneliness in a modern world where online we are so connected to others

NOVEMBER ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.

Lunch & Learn with Charlottetown Chamber of Commerce

1 HOUR |ONLINE |

Location: Zoom

Date: November 8th
Time: 12:00- 1:00 p.m.

REGISTER NOW
For inquiries, email

Join us if your workplace is a member of the Charlottetown Chamber of Commerce to discuss :

Mental Health in the Workplace, A Shared Responsibility

Importance of Healthy Boundaries

1 HOUR ONLINE

Location: Zoom-Online

Date: November 7th

Time: 12:00-1:00 pm

1 HOUR IN-PERSON

Location: Summerside & Montague
Date: November 9th
Time: 7:00-8:00 pm

Location: Charlottetown
Date: November 9th
Time: 7:00-8:00 pm

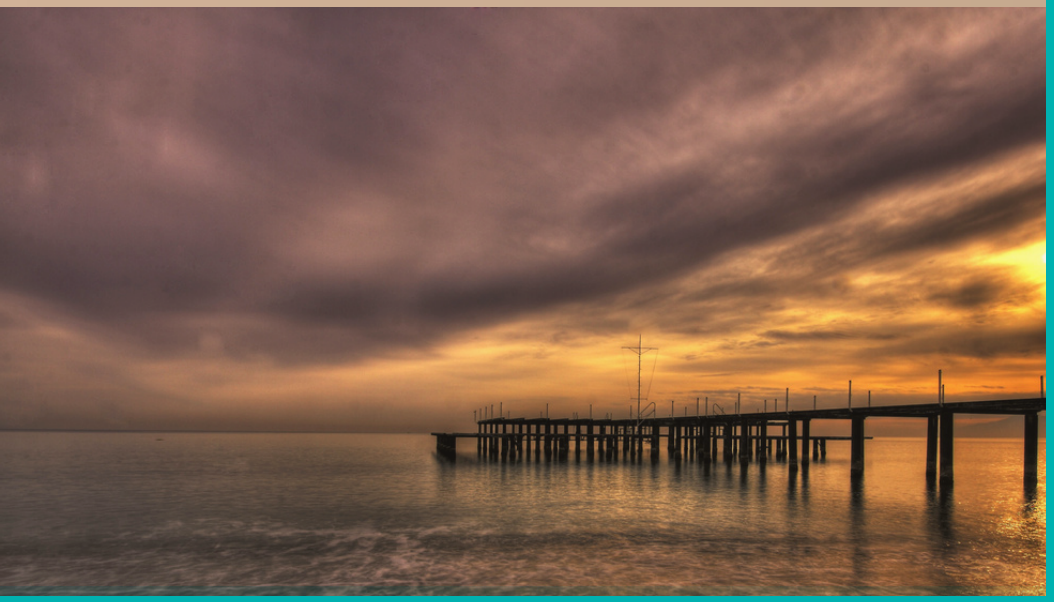
REGISTER NOW
For inquiries, email register@cmha.pe.ca

Importance of Healthy Boundaries Session Description

During this session we will define different types of boundaries, why they are important and why they change. We will also identify problems people may have in establishing and maintaining boundaries. We will also discuss how to communicate boundaries to others .

NOVEMBER ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.



Grief is Complicated;Living Forward

1 HOUR ONLINE

Location: Zoom-Online

Date: November 21st

Time: 12:00-1:00 pm

1 HOUR IN-PERSON

Location: Summerside & Montague

Date: November 21st
Time: 7:00-8:00 pm

Location: Charlottetown

Date: November 23rd
Time: 7:00-8:00 pm

REGISTER NOW

For inquiries, email register@cmha.pe.ca

Check out what is happening with CMHA PEI online

- **Mid-November** White Cross Campaign Starts
- **WOMEN & WELLNESS**
- **November 19** Survivors of Suicide Loss Day
- **November 28**
- Giving Tuesday

Follow us :

Grief is a complicated state in all its forms and people deal with it different ways. We will look at ways of living forward even with uncertainty.

SELF GUIDED COURSES

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

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

BounceBack(En/Fr)

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.

To register, visit: bounceback.cmha.ca/register/

DECEMBER ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.

Holiday Stress can be what keeps us on track for all the preparations and plans, however it can also be the thing that challenges us the most throughout the holidays. Creative coping and holiday self care will be discussed

Holidays: Christmas Cookies & Coping

Location:
Zoom Online

Date:
December 5th

Time: 12:00-1:00 pm

Location:
Summerside & Montague

Date: December 5th
Time: 7:00-8:00 pm

Location:
Charlottetown

Date: December 7th
Time: 7:00-8:00 pm

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

JANUARY ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.

Are you struggling with negative thinking? This two session course will review patterns of negative thinking and provide you with a 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.

Conquering Negative Thoughts; Staying Positive in Negative Situations

1 HOUR ONLINE

Location: Zoom-Online

Date: January 9th

Time: 12:00-1:00 pm

1 HOUR IN-PERSON

Location: Summerside & Montague

Date: January 9th

Time: 7:00-8:00 pm

Location: Charlottetown

Date: January 11th

Time: 7:00-8:00 pm

REGISTER NOW

For inquiries, email register@cmha.pe.ca

Join us January 24th for :

International Day of Education

Bell Let's Talk

Where Mental Health & Education come together to reduce stigma.

JANUARY ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.

Conquering Negative Thoughts; Training Yourself to Think Positive

1 HOUR ONLINE

Location: Zoom-Online

Date: January 23rd

Time: 12:00-1:00 pm

1 HOUR IN-PERSON

Location: Summerside & Montague
Date: January 23rd
Time: 7:00-8:00 pm

Location: Charlottetown
Date: January 25th
Time: 7:00-8:00 pm

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

Are you struggling with negative thinking? This two session course will review patterns of negative thinking and provide you with a process for changing negative thoughts to positive thoughts. The second part of this discussion will focus on training yourself to adjust thinking patterns and why it is important self care.

FEBRUARY ONE-TIME SESSIONS

These sessions will be offered both online and in-person throughout PEI.

Practical Guide to Navigating Relationships Session Description

This session will assist in developing a personal guide to navigating relationships. It starts with understanding ourselves and our conflict and communication styles. Have pen and paper ready and prepare to work for positive change.

Practical Guide to Navigating Relationships

1 HOUR ONLINE

Location: Zoom-Online

Date: February 6th

Time: 12:00-1:00 pm

1 HOUR IN-PERSON

Location: Summerside & Montague

Date: February 6th
Time: 7:00-8:00 pm

Location: Charlottetown

Date: February 8th
Time: 7:00-8:00 pm

REGISTER NOW

For inquiries, email register@cmha.pe.ca

The Importance of Self Identity, Self Esteem and Self Care

1 HOUR ONLINE

Location: Zoom-Online

Date: February 27th

Time: 12:00-1:00 pm

1 HOUR IN-PERSON

Location: Summerside & Montague

Date: February 27th
Time: 7:00-8:00 pm

Location: Charlottetown

Date: February 29th
Time: 7:00-8:00 pm

REGISTER NOW

For inquiries, email register@cmha.pe.ca

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country. Please check out what is happening on PEI this month through local organizations.

Black Cultural Society of PEI

Immigration and Refugee Services Association

BIPOC - USHR

Follow us on Social Media for upcoming events and sessions.

@PEICMHA

@cmha_pei

@Canadian Mental Health Association (PEI Division)

During the month that we celebrate relationships and love...when It comes to your own Mental Health..

always remember to love yourself first

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 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

CMHA PEI Family Support Program Finding Hope and Building Strength.

FREE | 8 WEEKS| IN PERSON

3 Locations: Charlottetown, Montague, Summerside

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

This course is designed to educate, support, and equip individuals who have a loved one living with a mental health concern. Join us as we explore understanding, treatment, community resources and practice skills around self-care, boundaries, communication and de-escalation.

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: Charlotetown
Date: Every 2nd Tuesday of every month at 7:00 PM.

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

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/

LASL Group -Life after Suicide Loss Program

FREE | 8 WEEKS| IN PERSON
LIMITED SPACES AVAILABLE

A suicide bereavement group designed for adults who have lost a loved one to suicide.

LASL Group -Life after Suicide Loss Program Description

In a caring, confidential and inclusive group environment, trained facilitators offer support, encouragement and helpful information to participants as they journey through the shared experience of suicide loss.

Location: Charlottetown
October 3 at 6 p.m.
8 week program

To learn more about this or about other support programs for those impacted by suicide, call
902-566-3034
or email
j.ramsay@cmha.pe.ca