

FOR MORE INFORMATION, CONTACT FRANCE AT:

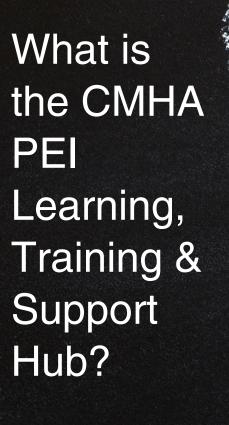
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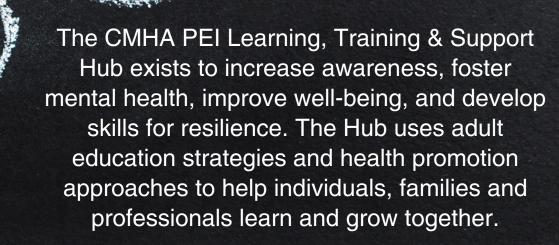
OR EMAIL: REGISTER@CMHA.PE.CA



SPRING & SUMMER 2024 COURSE CALENDAR









Canadian Mental
Health Association
Prince Edward Island



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 these 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 these 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 practices 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 to help you learn and grow. Some of our courses are in-person and some are online.

CMHA PEI Offices

for in-person courses



CMHA-PEI Division Office

178 Fitzroy Street Charlottetown, PE C1A 1S1 (902) 566-3034





CMHA-PEI, Kings County Office

572 Main Street Montague, PE C0A 1R0 (902) 838-2489



CMHA-Prince County Office

61 Duke Street Summerside, PE C1N 3R9 (902) 436-7399



MARCH 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.

Passion Unleashed: Rediscovering Your Purpose, Life Plan, and Pursuing Change

1 HOUR | ONLINE

Location: Zoom

Date: March 5 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

Location: Summerside

Date: March 5 Time: 7:00 - 8:00 p.m. Location: Charlottetown

Date: March 7 Time: 7:00 - 8:00 p.m.

This course provides the tools and inspiration to cultivate a life driven by passion, purpose, and the pursuit of meaningful aspirations.

Harmony in Connection: Cultivating Social Well-Being

1 HOUR | ONLINE

Location: Zoom

Date: March 19 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

<u>Location:</u> Summerside

Date: March 19 Time: 7:00 - 8:00 p.m <u>Location:</u> Charlottetown

Date: March 21 Time: 7:00 - 8:00 p.m.

Delve into various aspects of social well-being, providing insights and practical tools to enhance your interpersonal relationships



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



APRIL ONE-TIME SESSIONS

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

Caregiver Connections: Navigating Compassion Fatigue with Resilience and Support

1 HOUR | ONLINE

Location: Zoom

Date: April 9 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

<u>Location:</u> Summerside

Date: April 9 Time: 6:30 - 8:00 p.m. <u>Location:</u> Charlottetown

Date: April 11 Time:6:30 - 8:00 p.m.

We will explore strategies to strengthen caregiver connections, address compassion fatigue, and promote resilience through a supportive community.



REGISTER NOW
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Healthy Habits; Building Blocks for Physical Well-Being

1 HOUR | ONLINE

Location: Zoom

Date: April 23 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

Location: Summerside

Date: April 23 Time: 6:30 - 8:00 p.m. Location: Charlottetown

Date: April 25 Time: 6:30 - 8:00 p.m.

This course is designed to empower individuals with the knowledge and practical skills needed to foster physical health and well-being.





MAY ONE-TIME SESSIONS

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



Mental Health Week
May 6-10th 2024

Follow us on Social Media for updates

Mental Health First Aid Essentials: A Mini Course for Supportive Understanding

1 HOUR | ONLINE

Location: Zoom

Date: May 14 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

Location: Summerside

Date: May 14 Time: 6:30 - 8:00 p.m. Location: Charlottetown

Date: May 16 Time: 6:30 - 8:00 p.m

This condensed course is designed to provide participants with fundamental knowledge and practical skills to offer initial support to individuals experiencing mental health challenges.

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





JUNE ONE-TIME SESSIONS

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

Procrastination; The Struggle is Real 1 HOUR | ONLINE

Location: Zoom

Date: June 11 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

<u>Location:</u> Summerside

Date: June 11 Time: 6:30 - 8:00 p.m. <u>Location:</u> Charlottetown

Date: June 13 Time: 6:30 - 8:00 p.m.

This course explores the psychological aspects of procrastination, offering insights and actionable tools to enhance productivity, time management, and overall wellbeing.

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

Why am I so tired? How to Regain Focus and Energy

1 HOUR | ONLINE

Location: Zoom

Date: June 25 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

<u>Location:</u>
Summerside

Date: June 25 Time: 6:30 - 8:00 p.m. <u>Location:</u> Charlottetown

Date: June 27 Time: 6:30 - 8:00 p.m

In this course we will look at factors affecting our energy level such as attention and focus, when we should be concerned about our level of fatigue and what we can do about this current societal issue.



JULY ONE-TIME SESSIONS

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



Balanced Living: Setting SMART Goals 1 HOUR | ONLINE

Location: Zoom

Date: July 9 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

Location: Summerside

Date: July 9 Time: 6:30- 8:00 p.m. Location: Charlottetown

Date: July 11 Time: 6:30 - 8:00 p.m.

This course provides practical tools and strategies to set and attain goals that promote balance across various aspects of life.

Embrace Your Reflection: A Journey to Positive Body Image

1 HOUR | ONLINE

Location: Zoom

Date: July 23 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

Location: Summerside

Date: July 23 Time: 6:30 - 8:00 p.m. Location: Charlottetown

Date: July 25 Time: 6:30 - 8:00 p.m.

Delve into various aspects of social well-being, providing insights and practical tools to enhance your interpersonal relationships



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AUGUST ONE-TIME SESSIONS

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

Communicate with Impact: Mastering Conversations, Understanding Styles, and Managing Conflict

1 HOUR | ONLINE

Location: Zoom

Date: August 13 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

<u>Location:</u>
Summerside

Date: August 13 Time: 6:30 - 8:00 p.m. **Location:** Charlottetown

Date: August 15 Time: 6:30 - 8:00 p.m.

This course provides practical tools and strategies to navigate conversations with confidence, foster positive relationships, and resolve conflicts constructively.

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

Empowerment in Uncertainty: Coping, Control, and Advocacy in Current Events

1 HOUR | ONLINE

Location: Zoom

Date: August 27 Time: 12:00- 1:00 p.m.

1 HOUR | IN-PERSON

<u>Location:</u>
Summerside

Date: August 27 Time: 6:30 - 8:00 p.m. Location: Charlottetown

Date: August 29 Time: 6:30 - 8:00 p.m.

This course is designed to provide participants with practical strategies for navigating and coping with the challenges posed by contemporary events.



SELF GUIDED COURSES



Well Central (En/Fr)

CMHA's Well Central is a self-directed, webbased 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

Insights into Bipolar

Bipolar disorder is a mental illness where people experience extreme mood swings that affect their thinking, behaviour and functioning. This prerecorded, 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





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/

CMHA PEI Family Support Program Finding Hope and Building Strength.

FREE | 8 WEEKS| IN PERSON

Charlottetown April 8th - May 27th

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.



SUPPORT 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.

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.

Summerside @ CMHA office, 61 Duke Street, Tuesday's 10:30 - 12 PM Call: (902)436-7399 Albeton @ CMHA West Prince Office, 1 College Street, Wednesday's 10:30 - 12 PM Call: (902)214-2344

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

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

(LASL GROUP) LIFE AFTER SUICIDE SUPPORT PROGRAM

FREE | 8 WEEKS| IN PERSON LIMITED SPACES AVAILABLE



LASL Group is 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 203 Fitzroy Street

APRIL 9th - MAY 28th 6:00-8:00 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

Follow us on Social Media

www.pei.cmha.ca

Stay up to date with upcoming events and sessions.





@cmha_pei



@PEICMHA



@Canadian Mental Health Association (PEI Division)





Thank you!



For taking
care of
yourself &
signing up for
our Learning
Hub Sessions