



**Canadian Mental  
Health Association**  
Prince Edward Island  
*Mental health for all*

**FOR MORE INFORMATION, CONTACT  
FRANCE AT:**


**902-628-1648**

**OR EMAIL: [REGISTER@CMHA.PE.CA](mailto:REGISTER@CMHA.PE.CA)**



# SPRING & SUMMER 2024 COURSE CALENDAR





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



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



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## 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**

Location:  
Summerside

Date: March 19  
Time: 7:00 - 8:00 p.m.

Location:  
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

Location:  
Summerside

Date: April 9  
Time: 6:30 - 8:00 p.m.

Location:  
Charlottetown

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

### 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.



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

**REGISTER NOW**  
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**register@cmha.pe.ca**





## 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

Location:  
Summerside

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

Location:  
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 well-being.

**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

Location:  
Summerside

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

Location:  
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.

HELLO  
JUNE





## 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



**REGISTER NOW**  
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**register@cmha.pe.ca**



## AUGUST ONE-TIME SESSIONS

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

## 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**

Location:  
Summerside

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

Location:  
Charlottetown

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

## 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**

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

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**



## SELF GUIDED COURSES



## Insights into Bipolar

Bipolar disorder is a mental illness where people experience extreme mood swings that affect their thinking, behaviour 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)

## 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)

 **BounceBack**<sup>®</sup>  
reclaim your health



A free telephone coaching program with videos to help you tackle depression and anxiety.

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/](http://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](mailto: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 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: 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



# SUPPORT GROUPS

## **(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](mailto:j.ramsay@cmha.pe.ca)**

# Follow us on Social Media

[www.pei.cmha.ca](http://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*