

For more information,  
contact the Education Team at:

902-628-1648

or email:

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



Canadian Mental  
Health Association  
Prince Edward Island

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?

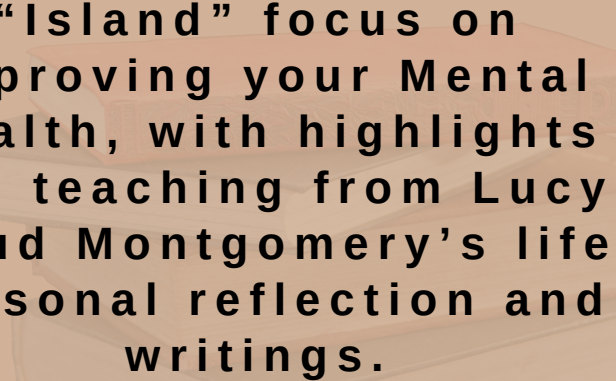
All of our courses are free. All we ask is that you register before attending. Some training opportunities have a cost. If you are interested in these and can't afford the fee, let us know. We might be able to reduce the financial barrier.

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.



**Our Mental Health Webinars will have an “Island” focus on improving your Mental Health, with highlights and teaching from Lucy Maud Montgomery’s life personal reflection and writings.**



**Join us this fall and winter season as we begin our “Red Island Road to Wellbeing”**



**CREATING HOPE THROUGH ACTION**

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



*Join us  
online*



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



## OCTOBER ONE-TIME SESSIONS

These sessions will be offered online 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.

## Calm and Collected Managing Stress and Anxiety

1 HOUR ONLINE

Location:  
Zoom

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

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

STRESS &  
ANXIETY

Join us to 'unpack' the myths, the truth and gain tools to help understand yourself better & manage the impact on your wellness

## Boundary Builders

1 HOUR | ZOOM

Date:  
October 22nd

Time:  
12:00 - 1:00 pm

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

During this session  
we will define:

- Types of boundaries
- Why they are important
- Problems establishing & maintaining boundaries
- How to communicate boundaries to others .

# NOVEMBER ONE-TIME SESSIONS

These sessions will  
be offered online  
throughout PEI.



**“Dear old  
world, you are  
very lovely,  
and I am glad  
to be alive in  
you.”**

- Lucy Maud Montgomery

## *Shaping your Self Image from Within*

**Location:  
Zoom-Online**

**Date:  
November 5th**

**Time:  
12:00-1:00 pm**

**1 HOUR  
ONLINE**

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

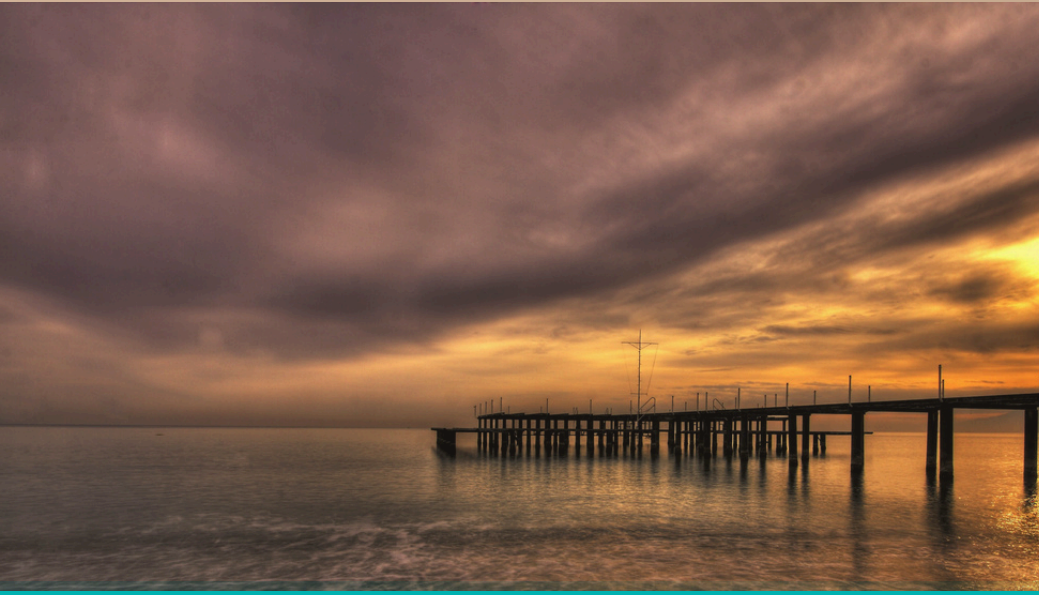
**What impacts how we see ourselves ?**

**Join us to discuss and learn about  
where our self worth, self image and  
self esteem was established and what  
continues to affect how we truly see  
our selves.**



# NOVEMBER ONE-TIME SESSIONS

These sessions will  
be offered online  
throughout PEI.



Check out  
what is  
happening  
with CMHA  
PEI

Follow us :

- Mid-November  
White Cross  
Campaign Starts
- **WOMEN &  
WELLNESS**  
November 15
- Survivors of Suicide  
Loss Day  
November 28

## Mindful Media

Social Media's Impact on Mental Wellbeing

**Location:**  
**Zoom-Online**

**Date:**  
**November 19th**

**Time:**  
**12:00-1:00 pm**




**1 HOUR  
ONLINE**

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


## Social Media

We have a complex and complicated  
relationship with Social Media.  
Learn about how this affects us daily  
and impacts our wellbeing





# 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](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(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/](http://bounceback.cmha.ca/register/)





## DECEMBER ONE-TIME SESSION

These sessions will be offered online throughout PEI.

## Coping with the Holidays

**Location:**  
Zoom Online

**Date:**  
December 3rd

**Time:**  
12:00-1:00 pm

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

## Coping with the Holidays

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

*Thank  
you!*

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

# JANUARY ONE-TIME SESSIONS

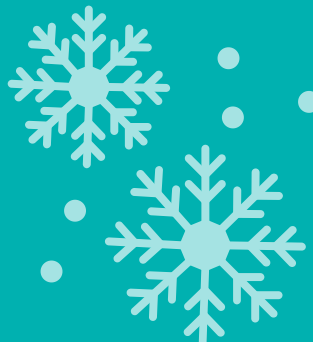
These sessions will  
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throughout PEI.



CMHA staff will  
help you  
understand and  
navigate what  
resources are  
available across  
PEI to help with  
your Mental  
Wellness

January 24th

12 -1 pm



## *Resiliency through Life's Transitions*

**Location:**  
**Zoom-Online**

**Date:**  
**January 7th**

**Time:**  
**12:00-1:00 pm**

Resiliency is how we  
cope with life's  
challenges and  
transitions.

Join us as we uncover  
how resilient we are  
and how to gain more

**1 HOUR  
ONLINE**

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

## Join us January 24th for CMHA PEI's "Resource Roadmap"



Where Mental Health  
& Education come  
together to reduce  
stigma.

# JANUARY ONE-TIME SESSIONS

These sessions will  
be offered online  
throughout PEI.

## *Paths to Recovery* *Navigating Substance Use Awareness*

1 HOUR  
ONLINE

**Location:**  
**Zoom-Online**

**Date:**  
**January 21st**

**Time:**  
**12:00-1:00 pm**

**Let's open  
up the  
conversation  
about  
substance  
use.**

**Join us to  
learn about  
what takes  
our focus,  
drains our  
energy and  
how we can  
change it.**



**REGISTER NOW**

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



# FEBRUARY ONE-TIME SESSIONS

These sessions will be offered online throughout PEI.



## *Lighting the Path through Seasonal Affective Disorder*

1 HOUR  
ONLINE

**Location:**  
Zoom-Online

**Date:**  
February 4th

**Time:**  
12:00-1:00 pm

Many of us are affected by Seasonal Affective Disorder.

Help understand how it impacts you and what you can do.

**REGISTER NOW**

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



1 HOUR  
ONLINE

## **ANGER** Turning Down the Heat

**Location:**  
Zoom-Online

**Date:** February 18th

**Time:** 12:00-1:00 pm

**ANGER**

We all have it, we live with it and it affects us profoundly.

How to understand your coping mechanisms and help turn down the heat on your anger

**REGISTER NOW**

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

**FEBRUARY  
EXTRAS**

*February  
is black  
history  
month*

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.



@PEICMH



A  
@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 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/](http://pei.cmha.ca/home/find-help/self-help-groups/)

## CMHA PEI Family Support Program Finding Hope and Building Strength.

FREE | 8 WEEKS | IN PERSON

**Beginning  
October 22nd**

**6-8 p.m.**

**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 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 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**



# SUPPORT

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## 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.



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)