



# Spring & Summer 2025



## Learning, Training & Support Hub



### March

**March 11**

Substance Misuse &  
Addictions

**March 25**

Seniors Mental Health

### April

**April 8**

How to be a Good Helper

**April 22**

Mental Health &  
Chronic Pain

### May

**May 6**

Music and Sound  
for Healing

**May 20**

Resource Roadmap

### June

**June 3**

Introduction to  
EFT Tapping

**June 17**

Physical Wellness

### July

**July 8**

Social Connections

**July 22**

Spiritual Wellbeing

### August

**August 5**

Coping with Stress

**August 19**

Feeling your Feelings

**Keep scrolling for more information on sessions!**

# F.A.Q

## Frequently Asked Questions



### **How much does it cost to register?**

Nothing! All of the courses offered through the learning hub are free of charge for anyone who attends. This helps to keep things accessible for everyone.

### **Who is able to attend?**

Anyone over the age of 16 is allowed to take part in our courses!  
Each course is designed to reach different audiences, but all who are interested are able to register/attend.

### **What is the Learning, Training and Support Hub?**

The CMHA PEI Learning, Training, and Support Hub is where learning and well-being come together. We offer free courses, webinars, workshops, supports and events for Islanders to gain new skills and connect with others in the community.

### **Who teaches the courses?**

CMHA's Community educators create the content in each course, and (typically) deliver the content in collaboration with a CMHA peer support worker.

**For any other questions, please contact us at [register@cmha.pe.ca](mailto:register@cmha.pe.ca)**

# March 2025

**March 11**

**Substance Misuse & Addiction**

with Cathy (Prince County Educator)

We will help you to understand the early warning signs, patterns and realities of addiction. Join us to learn about resources and supports related to addiction and substance misuse so that you can feel better equipped to support yourself and others.

**Zoom Presentations at:**  
**12:00pm - 1:00pm**  
**6:00pm - 7:00pm**

**March 25**

**Seniors Mental Health**

with Abby (Queens County Educator)

Join us to explore mental health for older adults. We all have aspects of mental health and things we may struggle with, but sometimes those struggles can look different dependent on what stage we are in life. Join us to explore topics such as anxiety, grief, compassion fatigue and setting boundaries.

**Zoom Presentations at:**  
**12:00pm - 1:00pm**  
**6:00pm - 7:00pm**

**For registration, [click here!](#)**

# April 2025

**April 8**

**How to be a Good Helper**

with Kate (Queens County Educator)

Do you have someone in your life who struggles with their mental health? Do you feel like you don't know the right thing to do or say to help? This course will cover how we can actively listen, validate, and support our loved ones effectively.

**Zoom Presentations at:**  
12:00pm - 1:00pm  
6:00pm - 7:00pm

**April 22**

**Mental Health & Chronic Pain**

with Abby (Queens County Educator)

Chronic pain and mental health struggles can certainly have an effect on each other. Join us to learn how chronic pain might affect mental health and what we can do about it.

**Zoom Presentations at:**  
12:00pm - 1:00pm  
6:00pm - 7:00pm



**[For registration, click here!](#)**



# May 2025

**May 6**

**Music & Sound for Healing**

with Cathy (Prince County Educator)

Music can be used to soothe, express and create. Sound vibrations help to shift emotions and heal the body.

Join us for this session where we explore ways to use music and sound in your daily life to help soothe upset and inspire creativity.

**Zoom Presentations at:**

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

**6:00pm - 7:00pm**

**May 20**

**Resource Roadmap**

with Kate (Queens County Educator)

Join us as we explore supports and resources across PEI!

It can be challenging to navigate all the help available on PEI, but attending this course will give you a chance to see resources and supports broken down into categories.

**Zoom Presentations at:**

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

**6:00pm - 7:00pm**

**[For registration, click here!](#)**

# June 2025

**June 3**

**Introduction to EFT Tapping**

with Cathy (Prince County Educator)

Emotional Freedom techniques, or tapping, is a body-based technique that helps to calm the nervous system and process emotions. Join us to learn how to tap, and how tapping can help you feel calmer and healthier.

**Zoom Presentations at:**  
12:00pm - 1:00pm  
6:00pm - 7:00pm

**June 17**

**Physical Wellness**

with Grace (Kings County Educator)

This presentation explores the connection between physical wellness and mental well-being, debunks common myths, and highlights the role of beliefs in shaping outcomes. We'll discuss body image, goal-setting strategies, and practical ways to foster a healthier relationship with physical health.

**Zoom Presentations at:**  
12:00pm - 1:00pm  
6:00pm - 7:00pm



**[For registration, click here!](#)**



# July 2025

**July 8**

## **Social Connections**

with Kate (Queens County Educator)

How do social connections impact our mental health?

We will explore the importance of building and fostering community as a way of improving our wellbeing, then look at how we can achieve this in PEI.

**Zoom Presentations at:**

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

**6:00pm - 7:00pm**

**July 22**

## **Spiritual Wellbeing**

with Grace (Kings County Educator)

This presentation explores spiritual wellness through the lens of personal values, meaning, and connection. We'll discuss how to identify what truly matters to you, the role of values in shaping your well-being, and practical ways to align your life with your core beliefs.

**Zoom Presentations at:**

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

**6:00pm - 7:00pm**

**[For registration, click here!](#)**

# August 2025

**August 5**

**Coping with Stress**

with Abby (Queens County Educator)

We all have stress in our daily lives but what do we do when it becomes too much? Join us to explore the topic of stress and find ways to support ourselves and cope with the stress that life throws our way.

**Zoom Presentations at:  
12:00pm - 1:00pm**

**August 19**

**Feeling your Feelings**

with Grace (Kings County Educator)

This presentation explores the importance of emotions, common barriers to emotional wellness, and why we sometimes resist our feelings. We'll discuss healthy ways to process emotions, the power of self-compassion, and how embracing our feelings can lead to greater well-being.

**Zoom Presentations at:  
12:00pm - 1:00pm  
6:00pm - 7:00pm**

**[For registration, click here!](#)**



# General Inquiries

## Prince County



902-436-7399



c.pavlik@cmha.pe.ca

## Queens County



902-628-1648



k.jeffery@cmha.pe.ca  
a.leblanc@cmha.pe.ca

## Kings County



902-838-2489



g.seeley@cmha.pe.ca



@cmha\_pei



@PEICMHA



WWW.PEI.CMHA.CA