

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Orientation: Introduction to the College of Health & Well-Being (Melissa) 11:00 – 12:00 PM
8	9	10 Orientation: Introduction to the College of Health & Well-Being (Melissa) 3:30 PM – 4:30 PM	11 More Balancing Boundaries (Tim) 11:00 - 12:00 PM	12
15 Co-Production Session: Self-Compassion (Melissa) 2:00 – 3:15 PM	16 Co-Production Session: Stress Awareness (Sara) 2:30 - 3:30 PM	17 RentSmart Training (Patricia) 1:00 PM – 3:30 PM	18	19
22	23 Stress Awareness (Sara) 2:30 - 3:30 PM	24	25 More Balancing Boundaries (Tim) 11:00 - 12:00 PM	26
29	30 Stress Awareness (Sara) 2:30 - 3:30 PM	31		

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12 Self-Compassion (Melissa) 2:00 – 3:15 PM	13 Stress Awareness (Sara) 2:30 - 3:30 PM	14	15 More Balancing Boundaries (Tim) 11:00 - 12:00 PM	16 Financial Planning Information Sessions (Sara) 11:00 - 12:00 PM
19	20	21 RentSmart Training (Patricia) 1:00 PM – 3:30 PM	22 More Balancing Boundaries (Tim) 11:00 - 12:00 PM	23 Financial Planning Information Sessions (Sara) 11:00 - 12:00 PM
26 Self-Compassion (Melissa) 2:00 – 3:15 PM	27	28 Co-Production Session: Hungry Heart: Support for Disordered Eating (Jennifer) 10:30 - 11:30 AM	29 More Balancing Boundaries (Tim) 11:00 - 12:00 PM	

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25 Self-Compassion (Melissa) 2:00 – 3:15 PM	26	27 Let's Celebrate: End of Semester Reflection (Melissa) 3:30 - 4:30 PM	28	29

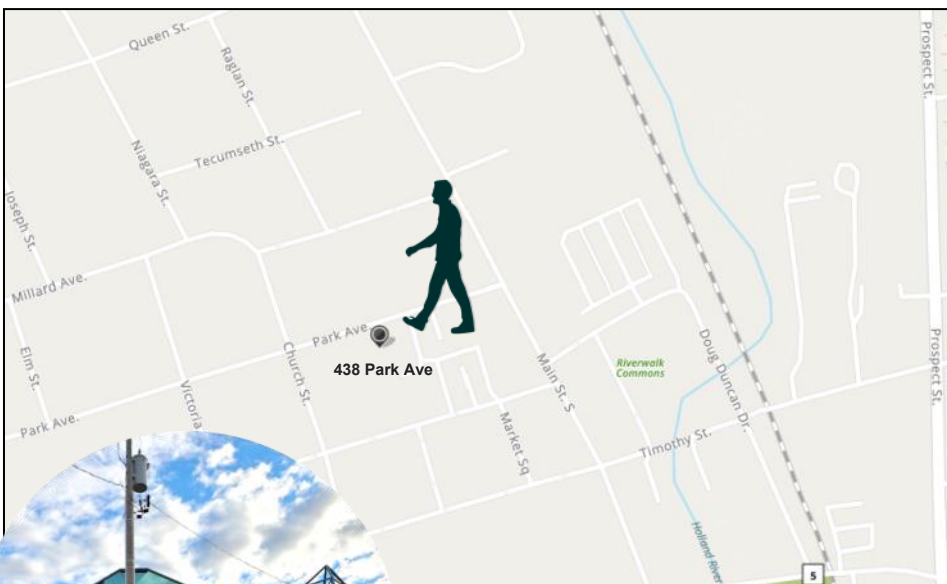
Name of Course	Facilitator	Course Description
Co-Production Sessions (Virtual)	Melissa: mcortese@cmha-yr.on.ca Sara: scaldeira@cmha-yr.on.ca Jennifer: jjones@cmha-yr.on.ca	<p>At these sessions, we hope to hear from you about what you would like to learn about in the course, your feedback for possible learning goals and course content, and any other helpful information which will assist in how the courses are designed and developed. Examples of questions asked during a Co-Production session can include:</p> <ul style="list-style-type: none"> What interests you about this course/topic? What are topics related to this group that are most important to you? What is your preferred way to learn? <p>Anyone is welcome to sign up, whether or not you plan on taking the course!</p>
Orientation: Introduction to the College of Health & Well-Being (Virtual)	Melissa: mcortese@cmha-yr.on.ca	<p>This session is intended to provide an introduction to the CMHA College of Health and Well-Being. Join us to ask questions about the college, and to learn about: (1) What is the College of Health and Well-Being?; (2) What you can expect from our courses; (3) What is the CHIME Framework and why is the College based on it?; (4) How can you get more involved in the College.</p>
Financial Planning Information Sessions (Virtual)	<p>Presented by: Certified Financial Planners from Experience Financial – Coaching and Consulting Inc.</p> <p>Staff Support - Sara: scaldeira@cmha-yr.on.ca</p>	<p>Experience Financial – Coaching and Consulting Inc. will be providing free financial literacy sessions delivered by a Certified Financial Planner. Topics may include, but are not limited to: understanding money patterns and behaviours, budgeting, and debt and savings.</p>
Hungry Heart: Support for Disordered Eating (Virtual)	Jennifer: jjones@cmha-yr.on.ca	<p>This course is designed to provide a supportive and informative environment for individuals struggling with disordered eating. In this course, participants will explore the psychological, emotional, and practical aspects of disordered eating, learn coping strategies, and build a community of support. The course aims to foster a sense of empowerment and resilience in participants as they navigate their journey towards a healthier relationship with food.</p>

Name of Course	Facilitator	Course Description
More Balancing Boundaries (Virtual)	Tim: tpowell@cmha-yr.on.ca	When we think of boundaries, we often think of physical boundaries, but mental boundaries are just as important. Course content (videos and text) will cover the Laws of Boundaries and hopefully assist participants to edit, create, and maintain their own mental boundaries to enhance their mental health.
RentSmart Training (Virtual or In-Person) * For in-person learners: This course will take place in the Newmarket Public Library	Patricia: pokonta@cmha-yr.on.ca	Through the RentSmart Training Course, you will learn: (1) How to plan for housing, communication and budgeting; (2) Identify what landlords look for in choosing a tenant; (3) Improve your chances for getting the housing you need; (4) Learn how to improve your rental references and how to improve your credit rating; (5) Resources in the community, and (6) Your rights and responsibilities as a tenant. At the end of the course you will receive a letter stating you have completed the training course which lets landlords know you are serious about being a responsible tenant. Newmarket Public Library address: 438 Park Avenue, Newmarket, L37 1W1
Self-Compassion (Virtual)	Melissa: mcortese@cmha-yr.on.ca	Self-compassion involves being warm and understanding towards ourselves when we feel inadequate, fail, or go through challenging experiences. In this course, we will explore Self-Compassionate exercises focused on being kinder to ourselves.
Stress Awareness (Virtual or In-Person) * For in-person learners: This course will take place at the CMHA Aurora site	Sara: scaldeira@cmha-yr.on.ca	In this course, we will work to understand stress and ways to manage it. Learning goals may include: 1) Bringing awareness to our own stress levels through a stress assessment test. 2) Discovering ways to combat stress. 3) Learning about good vs. bad stress and what happens within our bodies at this time. 4) Creating a self-care plan to de-stress. CMHA Aurora site address: 15150 Yonge Street, Aurora, ON L4G 1M2
Let's Celebrate! End of Semester Reflection (Virtual)	Melissa: mcortese@cmha-yr.on.ca	Join us as we celebrate the end of the Winter 2024 semester of the College of Health and Well-Being! We invite everyone who has participated in courses to take some time to reflect on the semester, your accomplishments, the knowledge and tools you have developed, and progress you may have made in your mental health recovery.

NEWMARKET PUBLIC LIBRARY

Address: 438 Park Ave, Newmarket, ON L3Y 1W1

Parking: You can park for up to three hours in the lot on the East side of the library, which you can enter from either Park Ave. or Botsford St.



AURORA OFFICE

Address: 15150 Yonge St Aurora, ON L4G 1M2

Parking: Access from back parking lot off of Temperance St. or through Yonge St.

