



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

CMHA COLLEGE OF HEALTH & WELL-BEING COURSE GUIDE

WINTER 2024



**Our place
for Learning,
Growth &
Community**

CMHA-YR.ON.CA 905-841-3977 OR 1-866-345-0183

CMHA YORK & SOUTH SIMCOE COLLEGE OF HEALTH & WELL-BEING



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

WELCOME TO CMHA COLLEGE OF HEALTH & WELL-BEING!

HOW TO REGISTER

Register for any course by enrolling on our new website
here: <https://www.cmhacollege.ca/>

or call 905-841-3977 or 1-866-345-0183 EXT: 4248

Or email cmhacollege@cmha-yr.on.ca

Hours of Operation

Monday - Friday: 8:30 am - 4:30 pm

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CMHA YORK & SOUTH SIMCOE COLLEGE OF HEALTH & WELL-BEING

CMHA COLLEGE OF HEALTH & WELL-BEING

Our place for Learning, Growth & Community

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ABOUT CMHA YORK & SOUTH SIMCOE

The Canadian Mental Health Association (CMHA), founded in 1918, is one of the oldest voluntary organizations in Canada. The CMHA York Region branch was founded in 1984.

As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness and addiction.



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WELCOME TO CMHA COLLEGE OF HEALTH & WELL-BEING

The CMHA College of Health & Well-Being is a Recovery College* aimed at enabling people to become experts in their own self-care and to develop skills and confidence to manage their own recovery journey.

Our free courses are informative and interactive. They are developed and delivered by our peer supporters who are experts because of their experiences. They have their own stories of mental health or substance use concerns or are supporting a loved one.

We know that the best learning happens when personal stories and lived experience are shared.

*Recovery Colleges are modeled after a traditional college, however they are not considered postsecondary education. They are not governed by the Ontario Colleges of Applied Arts and Technology Act, 2002 OR The Private Career Colleges Act, 2005. The Recovery College model was developed in England and has been widely replicated internationally.

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WINTER 2024 COURSES

All courses at the CMHA College of Health and Well-Being are designed to inspire HOPE, support LEARNING, provide new opportunities for GROWTH and CONNECTION.

The following pages will provide more information about each of our courses. We do our best to keep the outlined dates and times. Due to unforeseen circumstances, we might need to change the dates/times. We will inform you of any changes.

Courses may be canceled due to low enrolment.

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CMHA YORK & SOUTH SIMCOE COLLEGE OF HEALTH & WELL-BEING



Orientation: Introduction to The College of Health and Well-Being / 1 Session

Course Overview

Instructor

Melissa Cortese
Jennifer Lee Jones

Contact Information

Melissa: 905-955-9573,
mcortese@cmha-yr.on.ca

Jennifer: 289-879-0277,
jjones@cmha-yr.on.ca

Class Location

Virtual - Zoom

Class Times

Friday, January 5, from
11:00 - 12:00PM

OR

Wednesday, January 10
from 3:30PM - 4:30PM

Course Overview and Learning Objectives

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:

- What is the College of Health and Well-Being?
- What you can expect from our courses.
- What is the CHIME Framework and why is the College based on it?
- What are co-production sessions? What is the Advisory Committee? How can you get more involved in the College?

Required Text or Course Materials

None



Hungry Heart: Support for Disordered Eating / 3 Sessions

Course Overview

Instructor

Jennifer Lee Jones

Phone

289-879-0277

Email

jjones@cmha-yr.on.ca

Class Location

Virtual - Zoom

Class Times

Day: Wednesday

February: 28* (*optional*)

March: 6, 13, 20

Time: 10:30 AM - 11:30 AM

Course Description

This virtual 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.

Course Materials

Pen and paper is suggested.

Instructor will provide educational material electronically.



Financial Planning Information Sessions / 3 Sessions

Course Overview

Instructors

Certified Financial Planners
from Experience Financial –
Coaching and Consulting Inc.

Peer Supporter

Sara Caldeira

Phone

289-716-5306

Email

scaldeira@cmha-yr.on.ca

Class Location

Virtual - Zoom

Class Date/Times

Day: Friday

February: 16, 23

March: 1

Time: 11:00 AM - 12:00 PM

Course Description

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.



More Balancing Boundaries / 9 Sessions

Course Overview

Instructor Tim Powell Phone 289-879-3878 Email tpowell@cmha-yr.on.ca	Course Description 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.
Class Location Virtual - Zoom	Course Materials Notes and/or presentation slides will be provided electronically
Class Dates/Times Day: Thursday January: 11, 25 February: 8, 15, 22, 29 March: 7, 14, 21 Time: 11:00 - 12:00 PM	

Please see the course schedule on the next page



More Balancing Boundaries / 9 Sessions

Course Schedule

Week	Subject	Session Focus:
Week 1 - January 11	Law 1: Cause and Effect	How to prevent others from interrupting your boundaries.
Week 2 - January 25	Law 2: Responsibility	You are responsible for your boundaries.
Week 3 - February 8	Law 3: Power	You cannot change others, you can only change yourself.
Week 4 - February 15	Law 4: Respect	Care about others' boundaries to enhance your own.
Week 5 - February 22	Law 5: Motivation	Don't let fear and guilt be the reasons you say or do things. Maintain your freedom and be of service to others.
Week 6 - February 29	Law 6: Evaluation	Some confrontation and truth from and to others is needed to grow. Maintain your boundaries but be willing to adjust them to the situation and the others involved.
Week 7 - March 7	Law 7: Be Proactive	We all react to situations differently – sometimes not in the way we would like to. Try to be appropriately assertive yet caring in the way you interact with others.
Week 8 - March 14	Law 8: Activity	Trying, failing (sometimes repeatedly), and learning should guide us to eventually be the people we wish to be. Not trying to improve is the only real failure.
Week 9 - March 21	Reflection	Reflection on the course and course feedback.



RentSmart Training / 1 Session

Course Overview

Instructor

Patricia Okonta, supported by
The Home First Community
Support Team

Phone

289-879-4091

Email

pokonta@cmha-yr.on.ca

Class Location

*Option of:

- **Virtual:** Zoom
- **In-Person:** Newmarket
Public Library
Address: 438 Park Avenue,
Newmarket, L3Y 1W1

Class Dates/Times

Wednesday, January 17, from
1:00 PM - 3:30 PM

OR

Wednesday, February 21, from
1:00 PM - 3:30 PM

OR

Wednesday, March 20, from
1:00 PM - 3:30 PM

Course Description

Through the RentSmart Training Course, you will learn:

- How to plan for housing, communication and budgeting.
- Identify what landlords look for in choosing a tenant.
- Improve your chances for getting the housing you need.
- Learn how to improve your rental references and how to improve your credit rating.
- Resources in the community.
- Your rights and responsibilities as a tenant.

At the completion 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.

Course Materials

- <https://cmha-yr.on.ca/>
- Manuals provided in-person



Self Compassion / 7 Sessions

Course Overview

Instructor Melissa Cortese Phone 905-955-9573 Email mcortese@cmha-yr.on.ca Class Location Virtual - Zoom Class Times Day: Monday January: 15* (<i>optional</i>) February: 5, 12, 26 March: 4, 11, 18, 25 Time: 2:00 - 3:15 PM	Course Overview and Learning Objectives 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. Learning objectives can include, but are not limited to: <ul style="list-style-type: none">• Learning what self-compassion is, elements that make up self-compassion, and why it is important.• Working together to identify barriers to self-compassion, and brainstorming strategies to overcome them.• Practicing self-compassion through exercises. Resources The content of this course may be based on resources such as: <ul style="list-style-type: none">• The Mindful Self-Compassion Workbook by Chris Gremer• https://self-compassion.org/ Course Materials Pen and paper is suggested. Instructor will provide educational material via power point
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Please see the course schedule on the next page



Self Compassion / 7 Sessions

Course Schedule

Week	Subject
January 15 <i>*Optional</i>	Co-Production Session: Join this session to give your feedback about what you would like to learn in this course, ideas for learning goals and course content, and any other helpful information which will assist in how the course is designed and developed.
Week 1 - February 5	What is Self-Compassion?
Week 2 - February 12	Self-Compassion vs. Self-Criticism
Week 3 - February 26	Mindfulness and Letting Go
Week 4 - March 4	Developing Loving-Kindness for Ourselves
Week 5 - March 11	Meeting Difficult Emotions
Week 6 - March 18	Meeting Difficult Emotions Continued
Week 7 - March 25	Seeking the Good & Self-Appreciation



Stress Awareness / 4 Sessions

Course Overview

Instructor

Sara Caldeira

Phone

289-716-5306

Email

scaldeira@cmha-yr.on.ca

Class Location

*Option of:

- **Virtual:** Zoom
- **In-Person:** Lower Level Boardroom in CMHA Aurora Office: 15150 Yonge Street, Aurora, ON L4G 1M2

Class Date/Times

Day: Tuesday

January: 16* (*optional*), 23, 30

February: 6, 13

Time: 2:30 PM - 3:30 PM

Course Description

In this course, we will work to understand stress and ways to manage it. Learning goals may include:

- Bringing awareness to our own stress levels through a stress assessment test.
- Discovering ways to combat stress.
- Learning about good vs. bad stress and what happens within our bodies at this time.
- Creating a self-care plan to de-stress.

Course Materials

Pen and paper is suggested.

Instructor will provide educational material via power point

Please see the course schedule on the next page



Stress Awareness / 4 Sessions

Course Schedule

Week	Subject	Session Focus:
January 16 <i>*Optional</i>	Co-Production Session	Join this session to give your feedback about what you would like to learn in this course, ideas for learning goals and course content, and any other helpful information which will assist in how the course is designed and developed.
Week 1 - January 23	Stress Awareness	Perceived Stress Test and how we are currently coping.
Week 2 - January 30	Stress and It's Effects	The effects of stress on the mind and body.
Week 3 - February 6	Rethinking Stress	Other ways to look at stress. Exploring a "Growth Mindset".
Week 4 - February 13	Stress Management	Ways we are managing and new ways to approach stress.



Let's Celebrate: End of Semester Celebration and Reflection / 1 Session

Session Overview

Instructor

Melissa Cortese

Phone

905-955-9573

Email

mcortese@cmha-yr.on.ca

Class Location

Virtual - Zoom

Class Time

Wednesday, March 27,
from 3:30 - 4:30 PM

Description

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.



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OTHER LEARNING OPPORTUNITIES

Community Connection Hubs offer many free social and recreational opportunities and workshops such as art, yoga, cooking etc. To find out more info visit [the website here](#).

The College of Health & Well-Being offers self-guided online courses including: Introduction to the CMHA College of Health & Well-Being, How to Use Zoom, and Creating Your Personal Learning Plan. To find out more information visit [the website here](#).

The Gender Affirming Health Clinic has a free online webinar series. These self-guided courses include: 1) Gender Identity and Expression; 2) Medical Transition; 3) A Mental Health Toolkit for Gender Dysphoria; 4) Mindfulness for Gender Diverse Individuals, and 5) Social Transition, Family Support & Acceptance. To find out more information visit [the website here](#).

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WHAT CAN YOU EXPECT FROM OUR COURSES?

A Welcoming, Collaborative And Inclusive Environment

Everyone is welcome to register for our courses. All students are encouraged to enroll in our college regardless of their culture, abilities, or educational achievements.

Our goal for our courses is to create an environment where small groups of people can feel comfortable and safe coming together to learn from their peers and from each others' lived, life, professional and subject expertise.

Real knowledge and practical tools to support people to grow

We draw upon a diverse range of knowledge sources, bringing topic experts together with experts by experience to develop and deliver our courses. Students can develop their own personal learning plan (PLP) based on their goals and aspirations. We use the [CHIME framework](#) to ensure we bring the principles of recovery to the learning environment and to measure the effectiveness of our approach.

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WHAT CAN YOU EXPECT FROM OUR COURSES?

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Accessible courses

All courses at the College are free. We develop the content using different learning styles and following adult learning principles. When you register, please let us know if you require any accommodations.

Progressive

We actively support students in their efforts to move on in their lives, achieve their own identified goals, and explore possibilities for support and growth in their communities.

Our courses can help whether you are facing a mental health challenge or having difficulty making time for yourself.

for yourself. We invite you to attend our information sessions to learn more about how the Recovery College can help you:

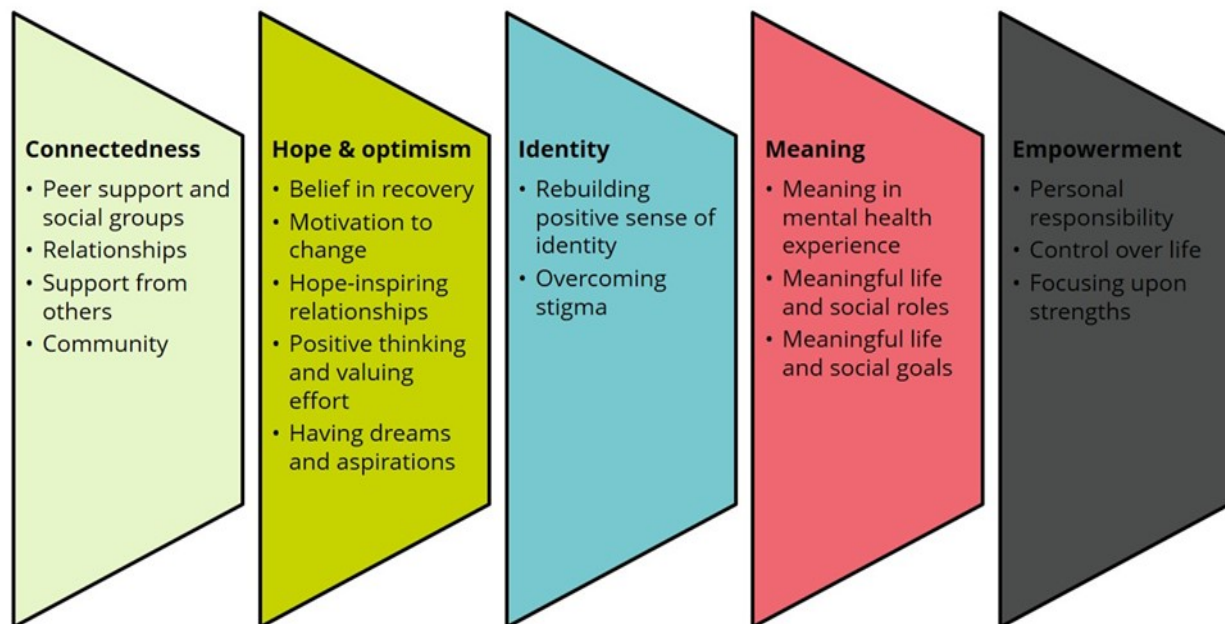
- Build – a toolkit of self-help skills
 - Understand – aspects of the challenges you may be facing
 - Grow – and plan for your future
-

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THE CHIME FRAMEWORK FOR PERSONAL RECOVERY

The CMHA College works within the CHIME framework. There are five things we believe that all people need in their lives – no matter who they are, how old they are or where they're from. We call them the CHIME factors:



Leamy et al. 2011

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ENROLMENT

The CMHA College of Health & Well-Being has four semesters

Spring Semester	April to June
Summer Semester	July to August
Fall Semester	September to December
Winter Semester	January to March

How to Enroll in Our Courses

1. Select your courses from this course guide.
2. Create your learner profile on our new website, and then enroll in courses: <https://www.cmhacollege.ca/>
3. If you need further assistance call 905-841-3977 or 1-866-345-0183 ext. 4248.

What happens once I've enrolled?

Once you have signed up on our website, you will automatically be enrolled in the “Student Agreements” course. You will be required to read, understand, and agree to our student agreements. Once you have completed this, you will be eligible to enroll in other courses. You will have the option to take the Independent “Creating and Updating Your Personal Learning Plan” course to plan your learning goals while involved in the College.

When creating your learning profile, you have the option to have our Central Intake Team will connect with you by phone. If you select this option, they will welcome you to CMHA and tell you about the services and programs we offer.

About one day before each course, you will be sent the Zoom link for the sessions.



FREQUENTLY ASKED QUESTIONS

Where are the courses offered?

We are currently offering courses **online**. Courses may also be offered **in person** in our community connections hubs at CMHA office locations as well as in satellite locations in the community across York Region & South Simcoe.

How long are the Courses?

Our courses generally run between 1 to 12 sessions. We offer courses Monday to Friday. Sessions can range between 1 and 2 hours long, depending on the course.

How is it different from traditional College?

“Recovery Colleges” are modeled after a traditional college, however they **are not** considered postsecondary education. They are **not** governed by the Ontario Colleges of Applied Arts and Technology Act, 2002 OR The Private Career Colleges Act, 2005.

What sets them apart from traditional educational institutions are the subjects offered. Instead of language literacy, for instance, you might take a course in mental health literacy, or in health and well-being. Even the course curriculum is unique: it is developed by subject experts and mental health professionals, working together

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FREQUENTLY ASKED QUESTIONS

(Continued from page 24)

with people who have their own personal experience in mental health recovery. The courses are free and there are no tests. “Recovery College” does not substitute for the general education and opportunities offered by local educational establishments.

How is the College different from mental health support groups and therapy groups?

Our courses take an educational rather than a therapeutic approach. They offer more structured learning experiences than a typical group program. They are designed with input from qualified and

experienced educators and informed by the community. Each course has clear learning outcomes and activities to help you explore and build resiliency. Each course is also co-facilitated by a Peer Support Worker, individuals with personal or family experience with a mental health or substance use concern. The educational content offered at is meant as a useful tool to help you learn about and improve your own mental health in a self-directed way. Our staff will try to help you along the way, but our courses are not seen as a substitute for professional assistance and therapy when it is necessary.

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FREQUENTLY ASKED QUESTIONS

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What is an Personal Learning Plan (PLP)?

Students are invited to develop their own personal learning plan to help focus their learning experience and allow them to see the progress you have made.

You will have an opportunity to create on your own or meet with a staff that can help you create one.

Is there a test at the end of the course?

All of our courses are about supporting people to build skills and knowledge. It is about learning and growing, not passing a course. Therefore, there is no pass or fail there are no tests.

Are the courses relevant for someone who wants to work in the mental health field?

CMHA College of health & well-being is not an accredited college, so our courses are not intended to be applied towards college or university programs.

We look forward to meeting you soon. If you have any further questions, do not hesitate to contact us.

cmhacollege@cmha-yr.on.ca

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GENERAL INQUIRIES

Phone: 905-841-3977

Toll Free: 1-866-345-0183

Central Intake: 1-866-345-0183 ext.3321 Email: intake@cmha-yr.on.ca

Email: yorkregion@cmha-yr.on.ca

If you'd like to make a donation, please call: 905.841.3977 ext. 2225

We look forward to meeting you!

**The CMHA College of Health
& Well-Being Team**

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CMHA OFFICE LOCATIONS

Alliston

Town Square, Unit #1
35 Victoria Street East
PO Box 160
Alliston, ON L9R 1T9

Newmarket

1101 Nicholson Road, Unit 5
Newmarket, ON L3Y 9C3

Aurora

15150 Yonge Street,
Suite 201
Aurora, ON L4G 1M2

Newmarket Provincial Court House

50 Eagle Street West,
Room 2088
Newmarket, ON L3Y 6B1

Markham

3601 Highway 7 East
HSBC Tower, Suite 710
Markham ON L3R 0M3

Vaughan

8271 Keele St, Unit 2
Concord, ON L4K 1Z1

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