

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Summer 2024 Orientation: The College of Health & Well-Being (Melissa) 11:00 AM – 12:00 PM
8	9 Summer 2024 Orientation: The College of Health & Well-Being (Melissa) 3:30 PM – 4:30 PM	10	11 Employment Goal Setting (Hiba) 1:00 – 3:00 PM	12 Co-Production Session: TEA (Thoughts, Emotions, Actions) Time (Tim) 11:00 - 12:00 PM
15	16	17	18	19
22	23	24	25	26 TEA (Thoughts, Emotions, Actions) Time (Tim) 11:00 - 12:00 PM
29	30 Introduction to Assertiveness (Melissa) 3:00 – 4:30 PM	31 Stress Management Tips, Mindfulness Theory and Practice (Dr. Gerald Levine & Melissa) 1:00 – 2:10 PM		

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Name of Course	Facilitator(s)	Course Description
Co-Production Sessions (Virtual)	Tim: tpowell@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>
Summer 2024 Orientation: 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>
Employment Goal Setting (Virtual)	Hiba: hbadar@cmha-yr.on.ca	<p>This course will review SMART goals through the lens of employment and provide a discussion platform to explore how to set and work towards your goals. The objectives of this course include:</p> <ul style="list-style-type: none"> • Provide tips and strategies to organize their job search/maintenance • Provide a platform to think of and design goals specifically for employment.
Introduction to Assertiveness (Virtual)	Melissa: mcortese@cmha-yr.on.ca	<p>In this introductory course, we will explore an overview of Assertiveness. Assertiveness is a communication tool that can assist us in saying no, making requests, and establishing our boundaries in a respectful way. This course will also provide a brief overview of assertive-communication tools, worksheets/exercises, and group discussions to share insights around assertiveness.</p>

Name of Course	Facilitator	Course Description
Stocking Your Resilience Toolbox (Virtual)	Josh Martin (External Facilitator) Damian (CMHA Staff): duchendu@cmha-yr.on.ca	Funny stories. Good advice. From financial challenges to clashes with loved ones, obstacles come in all shapes and sizes. In this course, Josh Martin will share hilarious stories from his life and what those experiences taught him about navigating difficult times. Topics include self-care, motivation, creative problem solving and more. Enjoy a few laughs while learning practical skills to boost your resilience.
Stress Management Tips, Mindfulness Theory and Practice (Virtual)	Dr. Gerald Levine (External Facilitator) Melissa (CMHA Staff Support): mcortese@cmha-yr.on.ca	Topics will include medical aspects of stress, self care tips, practical stress management techniques and an introduction to mindfulness theory and practice; resources for continued practice.
TEA (Thoughts, Emotions, Actions) Time (Virtual)	Tim: tpowell@cmha-yr.on.ca	This course will look at the connections between Thoughts, Emotions, and Actions (TEA) <ul style="list-style-type: none"> • Objective: To understand what a thought/cognition is • Objective: To understand the connection between thoughts and emotions • Objective: To understand how actions flow - from thoughts to emotions to behaviour