

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Creative Writing for the Mind, Body & Soul (Darcy Patrick & Melissa) 7:00 – 9:00 PM	4 Fall 2024 Orientation: The College of Health & Well-Being (Melissa) 11:00 AM – 12:00 PM	5 Fall 2024 Orientation: The College of Health & Well-Being (Melissa) 3:30 PM – 4:30 PM	6
9 Co-Production Session: Stigma and Stories of Hope (Tim) 2:15 PM – 3:15 PM	10 Creative Writing for the Mind, Body & Soul (Darcy Patrick & Melissa) 7:00 – 9:00 PM	11	12 Co-Production Session: Sleep Hygiene (Sara) 11:00 - 12:00 PM	13
16	17 Co-Production Session: Resolving Conflict (Melissa) 3:30 – 4:30 PM Creative Writing for the Mind, Body & Soul (Darcy Patrick & Melissa) 7:00 – 9:00 PM	18	19	20
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	1	2 Stocking Your Resilience Toolbox: Part 2 <i>(Josh Martin & Damian)</i> 3:30 – 4:30 PM	3	4
7 Stigma and Stories of Hope <i>(Tim)</i> 2:15 PM – 3:15 PM	8	9 Stocking Your Resilience Toolbox: Part 2 <i>(Josh Martin & Damian)</i> 3:30 – 4:30 PM	10	11
14	15	16 A Mindful Approach to Burnout Management <i>(Dr. Gerald Levine & Melissa)</i> 1:00 – 2:10 PM Stocking Your Resilience Toolbox: Part 2 <i>(Josh Martin & Damian)</i> 3:30 – 4:30 PM	17	18
21 Stigma and Stories of Hope <i>(Tim)</i> 2:15 PM – 3:15 PM	22 Resolving Conflict <i>(Melissa)</i> 3:30 – 4:30 PM	23 Stocking Your Resilience Toolbox: Part 2 <i>(Josh Martin & Damian)</i> 3:30 – 4:30 PM	24 Sleep Hygiene <i>(Sara)</i> 11:00 - 12:00 PM	25
28	29 Resolving Conflict <i>(Melissa)</i> 3:30 – 4:30 PM	30	31 Sleep Hygiene <i>(Sara)</i> 11:00 - 12:00 PM	

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Name of Course	Facilitator(s)	Course Description
Co-Production Sessions (Virtual)	Melissa: mcortese@cmha-yr.on.ca Sara: scaldeira@cmha-yr.on.ca Tim: tpowell@cmha-yr.on.ca	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: 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? Anyone is welcome to sign up, whether or not you plan on taking the course!
Fall 2024 Orientation: The College of Health & Well-Being (Virtual)	Melissa: mcortese@cmha-yr.on.ca	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.
Creative Writing for the Mind, Body & Soul (Virtual)	Darcy Patrick (External Facilitator): www.darcypatrick.com Melissa (CMHA Staff Support): mcortese@cmha-yr.on.ca	Join Author, Public Speaker, Peer Support Worker, Darcy Patrick for his Creative Writing For The Mind, Body & Soul Course! In This 4 week Course Darcy teaches you to use his journaling tools to help you with you over all Mental Health and Wellness! From using writing as therapeutic tool to learning how to write your own guided meditations, Darcy teaches you how to turn writing into your best friend!
A Mindful Approach to Burnout Management (Virtual)	Dr. Gerald Levine (External Facilitator): www.managestress.ca Melissa (CMHA Staff Support): mcortese@cmha-yr.on.ca	In this session, Dr. Levine will discuss burnout causes and symptoms, including caregiver burnout; burnout management utilizing mindfulness and mindful self compassion theory and practice; resources for continued practice.

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Resolving Conflict (Virtual)	Melissa: mcortese@cmha-yr.on.ca	In the course, we will explore what conflict is and how we can approach it. Conflict, such as disagreements and arguments, may occur with friends, family members, strangers, co-workers, and others in our lives. We will explore topics related to conflict, including but not limited to: conflict styles, managing emotions during a conflict, cultivating compassion for others, and negotiating with others.		
Sleep Hygiene (Virtual)	Sara: scaldeira@cmha-yr.on.ca	This course is intended to support individuals with bettering their sleep hygiene. We will improve our awareness of healthy and unhealthy sleeping habits, our environment, and our mindset surrounding sleep and our mental health. <ul style="list-style-type: none"> • Objective 1: To bring more attention to the importance of a good sleep regime. • Objective 2: Discussions about daily routines, habits, suggested changes in activities, and diet and drinks before sleep. 		
Stigma and Stories of Hope (Virtual)	Tim: tpowell@cmha-yr.on.ca	What is Stigma? How do we overcome it? In this course we will look at and discuss these questions. We will look at famous and successful people who have overcome the stigma of a mental illness to achieve amazing things- and you can too. Let's learn from others' and each others' stories of hope.		
Stocking Your Resilience Toolbox (Virtual)	Josh Martin (External Facilitator): badgeofawesome.com Damian (CMHA Staff Support): 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. <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> Part 2 Topics: <ul style="list-style-type: none"> • Dealing with unlucky breaks, Improving adaptability • Learning humility, Avoiding shortcuts • Redefining success, Letting go • Taking responsibility, Handing over control </td> <td style="vertical-align: top;"> Part 3 Topics: <ul style="list-style-type: none"> • Remembering the little things, Thinking things through • Getting enough sleep, Practicing patience • Knowing your limits, Being vulnerable • Tackling psychological barriers, Helping others </td> </tr> </table>	Part 2 Topics: <ul style="list-style-type: none"> • Dealing with unlucky breaks, Improving adaptability • Learning humility, Avoiding shortcuts • Redefining success, Letting go • Taking responsibility, Handing over control 	Part 3 Topics: <ul style="list-style-type: none"> • Remembering the little things, Thinking things through • Getting enough sleep, Practicing patience • Knowing your limits, Being vulnerable • Tackling psychological barriers, Helping others
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