



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

CMHA COLLEGE OF HEALTH & WELL-BEING COURSE GUIDE

FALL 2024



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

CMHA-YR.ON.CA 905-841-3977 OR 1-866-345-0183 EXT: 4248

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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Canadian Mental
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CMHA COLLEGE OF HEALTH & WELL-BEING

Our place for Learning, Growth & Community

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



FALL 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.

Fall 2024 Courses:

Orientation: Introduction to the College of Health and Well-Being	Page 7
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Fall 2024 Orientation: The College of Health and Well-Being / 1 Session

Course Overview

<p>Instructor Melissa Cortese Occupational Therapist</p> <p>Phone 905-955-9573</p> <p>Email mcortese@cmha-yr.on.ca</p> <p>Class Location Virtual - Zoom</p> <p>Class Times Wednesday, September 4, from 11:00 AM - 12:00 PM</p> <p>OR Thursday, September 5, from 3:30 PM - 4:30 PM</p>	<p>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:</p> <ul style="list-style-type: none"> • 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? <p>Required Text or Course Materials None</p>
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Canadian Mental
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Creative Writing For The Mind, Body & Soul / 4 Sessions

Course Overview

Instructor

Darcy Patrick (External Facilitator)

CMHA Staff Support

Melissa Cortese

Phone

905-955-9573

Email

mcortese@cmha-yr.on.ca

Class Location

Virtual via Zoom

Class Date/Time

Day: Tuesdays

Time: 7:00 PM - 9:00 PM

September: 3, 10, 17, 24

Course Description

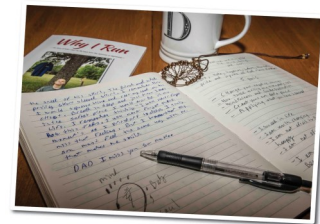
Join Author, Public Speaker, Peer Support Worker, Darcy Patrick for his Creative Writing For The Mind, Body & Soul Course! In This 4 week Course Darcy teaches you to use his journaling tools to help you with you over all Mental Health and Wellness! From using writing as therapeutic tool to learning how to write your own guided meditations, Darcy teaches you how to turn writing into your best friend!

Learn more by Visiting: www.darcypatrick.com



Creative Writing

For The Mind, Body & Soul



Darcy Patrick

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



A Mindful Approach to Burnout Management / 1 Session

Course Overview

<p>Instructor Dr. Gerald Levine (External Facilitator) Email: info@managestress.ca Website: www.managestress.ca</p> <p>CMHA Staff Support Melissa Cortese</p> <p>Phone 905-955-9573</p> <p>Email mcortese@cmha-yr.on.ca</p> <p>Class Location Virtual via Zoom</p> <p>Class Date/Time Date: Wednesday, October 16, from 1:00 PM - 2:10 PM</p>	<p>Session Description 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.</p> <p>Facilitator Information Dr. Gerald Levine graduated from the University of Toronto Medical School in 1984. From 1985 until October 2022, he practiced general family medicine in Barrie, Ontario, Canada. Since 2006, he has focused on stress management, burnout prevention and mindfulness facilitation. Dr. Levine has presented numerous workshops for the public as well as for health care workers, and teachers. His presentations are known to be practical, factual and engaging. His pandemic project was a manual of stress management “52 Mindful Weeks: Cultivating Awareness and Resilience”. It is available on Amazon Kindle and as a spiral bound book.</p>
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Resolving Conflict / 6 Sessions

Course Overview

Instructor

Melissa Cortese

Phone

905-955-9573

Email

mcortese@cmha-yr.on.ca

Class Location

Virtual - Zoom

Class Times

Day: Tuesday

September: 17*

October: 22, 29

November: 5, 12, 19, 26

Time: 3:30 PM - 4:30 PM

Course Overview and Learning Objectives

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, negotiating, and mediation strategies.

Sessions will include information on relevant topics and opportunities to engage in discussions, share insights, and participate in worksheets/exercises.

Course Materials

- Presentation slides and worksheets provided via email.
- Pen and paper may be suggested before the session.

Additional Information

*Please note: **September 17 is an optional 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.

Please see the course schedule on the next page



Resolving Conflict / 6 Sessions

Course Overview

Week	Subject	Session Focus:
Co-Production Session - September 17	Optional Feedback 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 - October 22	What is Conflict?	Explore what conflict is, and the pros and cons of conflict in relationships.
Week 2 - October 29	Conflict Management Styles	Learn about the 5 styles of how people may respond to conflict. Explore what conflict style you may have.
Week 3 - November 5	Managing Emotions and Cultivating Compassion	Discuss emotions related to conflict, such as anger and frustration, and ways we can manage them. Explore ways we can find compassion when we disagree with others.
Week 4 - November 12	Assessing the "Temperature" of a Conflict	Discuss what "hot", "warm", and "cold" conflicts look like to gain knowledge in knowing when to approach a conflict, or when to wait.
Week 5 - November 19	Conflict Resolution Barriers	Discuss the barriers to resolving conflict, including but not limited to: getting defensive, avoiding conflict, or difficulty compromising.
Week 6 - November 26	Negotiation Skills	Explore new ways to negotiate with others to find a solution.



Sleep Hygiene / 3 Sessions

Course Overview

<p>Instructor Sara Caldeira Peer Support Worker</p> <p>Co-Facilitator Ansara Ali Peer Support Worker</p> <p>Phone Sara: 289-716-5306 Ansara: 289-716-5345</p> <p>Email scaldeira@cmha-yr.on.ca aali@cmha-yr.on.ca</p> <p>Class Location Virtual - Zoom</p> <p>Class Dates/Times Day: Thursday Time: 11:00 AM - 12:00 PM September: 12* October: 24, 31 November: 7</p>	<p>Course Description 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.</p> <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. <p>Course Materials Notes and/or presentation slides will be provided electronically. Pen and paper is suggested.</p> <p>Resources <i>“Helpful Habits for Sleep” - Workbook</i></p> <p>Additional Information *Please note: September 12 is an optional 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.</p>
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Please see the course schedule on the next page



Sleep Hygiene / 3 Sessions

Course Schedule

Week	Subject	Session Focus:
Co-Production Session - September 12	Optional Feedback 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 - October 24	What is Sleep Hygiene?	<ul style="list-style-type: none"> • Introduction to sleep hygiene and what it involves • Why sleep hygiene is important • Identifying our sleep issues • Discussion on the benefits of educating ourselves on sleep hygiene
Week 2 - October 31	Routine and Change	<ul style="list-style-type: none"> • Exploring our own routines • Identifying ways to improve our routine • Discussing ways to create new habits
Week 3 - November 7	Sleep Improvement Planning, and Tips & Tricks to Try	<ul style="list-style-type: none"> • Explore resources, including a sleep hygiene workbook • Finding ways to make changes to our environments and lifestyles to aide in better sleeping habits • Group discussions and sharing suggestions



Stigma and Stories of Hope / 6 Sessions

Course Overview

<p>Instructor Tim Powell Peer Support Worker</p> <p>Phone 289-879-3878</p> <p>Email tpowell@cmha-yr.on.ca</p> <p>Class Location Virtual via Zoom</p> <p>Class Dates/Times Day: Mondays Time: 2:15 - 3:15 PM September: 9*, 30 October: 7, 21 November: 11, 18, 25</p>	<p>Course Description 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.</p> <p>Course Materials Notes and/or presentation slides will be provided electronically. Pen and paper is suggested.</p> <p>Resources</p> <ul style="list-style-type: none"> • YouTube videos as included in notes • Internet sources <p>Additional Information *Please note: September 9 is an optional 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.</p>
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Please see the course schedule on the next page



Stigma and Stories of Hope / 6 Sessions

Course Overview

Week	Subject	Session Notes:
Co-Production Session - September 9, 2024	Optional Feedback 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 - September 30	What is Stigma?	This session will include a YouTube video and discussion about definitions of mental health stigma.
Week 2 - October 7	Vincent Van Gough	Learn about the artist, Vincent Van Gough, and his experience with mental health challenges.
Week 3 - October 21	Princess Diana	Discuss how the humanitarian and royal, Princess Diana, persisted through mental illness.
Week 4 - November 11	Demi Lovato	Delve into Demi Lovato's story and accomplishments as a non-binary singer, songwriter, and actor.
Week 5 - November 18	Winston Churchill	Explore Winston Churchill's accomplishments as a Prime Minister of England despite having a mental health diagnosis.
Week 6 - November 25	Abraham Lincoln	Learn about one of the Presidents of the United States' mental health journeys.



Stocking Your Resilience Toolbox: **Part 2** / 4 Sessions

Course Overview

<p>Instructor Josh Martin (External Facilitator)</p> <p>CMHA Staff Support Damian Uchendu Peer Support Worker</p> <p>Phone Damian: 289-879-0277</p> <p>Email duchendu@cmha-yr.on.ca</p> <p>Class Location Virtual via Zoom</p> <p>Class Dates/Times Day: Wednesdays October: 2, 9, 16, 23 Time: 3:30 PM - 4:30 PM</p>	<p>Course Description</p> <p>Stocking Your Resilience Toolbox: <u>PART 2.</u> 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.</p> <p>Course Materials</p> <p><i>Simply Blunderful</i>: A cancer survivor's illustrated guide to flaming tennis balls, camping catastrophes and the many obstacles life throws our way (Available as a free PDF at: https://badgeofawesome.com/blunderful-ebook/)</p>										
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Stocking Your Resilience Toolbox: **Part 3** / 4 Sessions

Course Overview

<p>Instructor Josh Martin (External Facilitator)</p> <p>CMHA Staff Support Damian Uchendu Peer Support Worker</p> <p>Phone Damian: 289-879-0277</p> <p>Email duchendu@cmha-yr.on.ca</p> <p>Class Location Virtual via Zoom</p> <p>Class Dates/Times Day: Wednesdays November: 6, 13, 20, 27 Time: 3:30 PM - 4:30 PM</p>	<p>Course Description</p> <p>Stocking Your Resilience Toolbox: <u>PART 3.</u> 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.</p> <p>Course Materials</p> <p><i>Simply Blunderful</i>: A cancer survivor’s illustrated guide to flaming tennis balls, camping catastrophes and the many obstacles life throws our way (Available as a free PDF at: https://badgeofawesome.com/blunderful-ebook/)</p>										
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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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OTHER LEARNING OPPORTUNITIES

Martial Arts Classes (In-Person) / Multiple Sessions		
Overview		
<p>CMHA Staff Support: Ansara Ali Peer Support Worker</p> <p>Phone 289-716-5345</p> <p>Email aali@cmha-yr.on.ca</p>	<p>Overview and Learning Objectives In partnership with Chung’s Arts Academy, Community Connections will be offering in-person Martial Arts classes. Classes involve physical lessons, as well as education on how this training can be applied to everyday life for mental health.</p> <p>What to Bring:</p> <ul style="list-style-type: none"> • Comfortable clothing • Water <p>How to Sign-Up: Please sign-up weekly though the Community Connections online monthly calendar found here: https://cmha-yr.on.ca/get-support/community-connections-16/</p>	
<p>Locations & Times Two Options Available:</p>	<p>Aurora CMHA Site:</p> <ul style="list-style-type: none"> • Location: 15150 Yonge St. Aurora, ON L4G 1M2 (Second Floor Boardroom). • Dates & Times: Wednesdays at 10:30 AM - 11:30 AM starting September 11th, 2024 	<p>Markham CMHA Site:</p> <ul style="list-style-type: none"> • Location: Royal Bank Building located at 3601 Hwy 7, Suite 710, Markham, ON L3R 0M3 • Dates & Times: Fridays at 10:30 AM - 11:30 AM starting September 13th, 2024



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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?

(Continued from page 20)

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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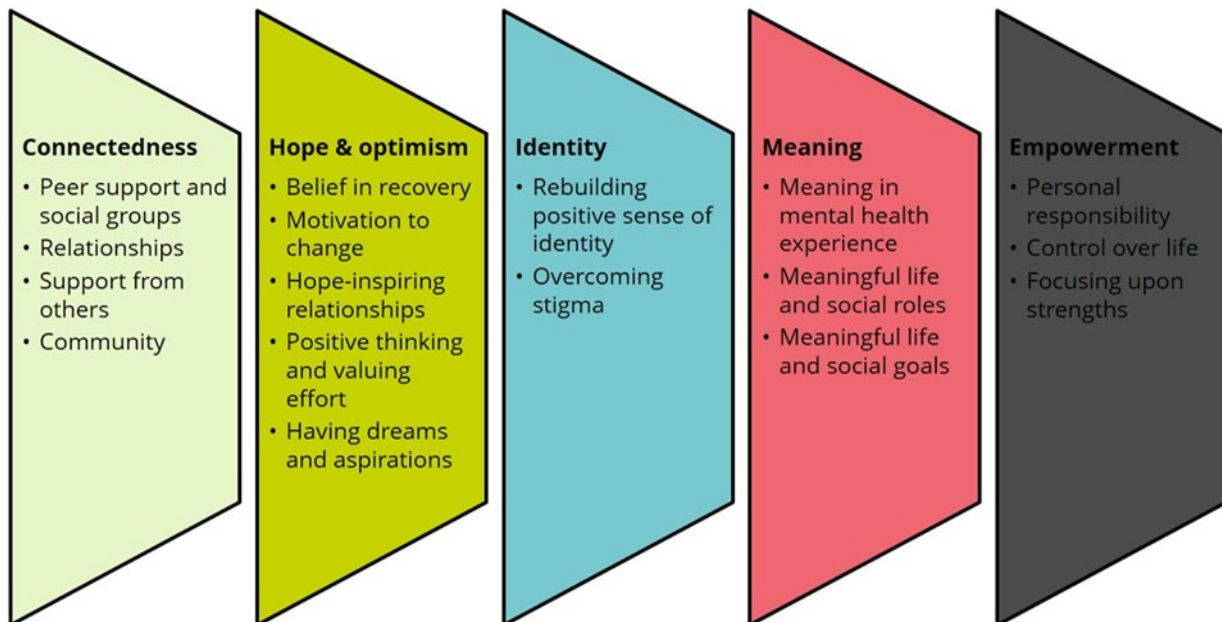
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THE CHIME FRAMEWORK FOR PERSONAL RECOVERY

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

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 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

(Continued on page 25)



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.

(Continued on page 26)



FREQUENTLY ASKED QUESTIONS

(Continued from page 25)

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**

CMHA-YR.ON.CA 905-841-3977 OR 1-866-345-0183 EXT: 4248

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



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

CMHA OFFICE LOCATIONS

Alliston

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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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