

# CMHA College of Health & Well-Being



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

Association canadienne  
pour la santé mentale  
York and South Simcoe  
*La santé mentale pour tous*

| FALL 2024 COURSES  |                    |  | COURSE DELIVERY |
|--|--------------------|--|-----------------|
| NAME OF COURSE   | NUMBER OF SESSIONS | COURSE INFORMATION;<br>STARTING DATES, TIMES AND DAYS OFFERED                                | VIRTUAL (ZOOM)  |
| <i>Fall 2024 Orientation: The College of Health &amp; Well-Being</i> | 1 session          | Wednesday, September 4, from 11am - 12pm <b>OR</b> Thursday, September 5, from 3:30 - 4:30pm | ✓               |
| Creative Writing for the Mind, Body & Soul                           | 4 sessions         | Tuesdays from 7 - 9pm starting September 3   | ✓               |
| A Mindful Approach to Burnout Management                             | 1 session          | Wednesday, October 16, from 1 - 2:10pm   | ✓               |
| Resolving Conflict   | 6 sessions         | Tuesdays from 3:30-4:30pm starting October 22  | ✓               |
| Sleep Hygiene  | 3 sessions         | Thursdays from 11am-12pm starting October 24   | ✓               |
| Stigma and Stories of Hope   | 6 sessions         | Mondays from 2:15-3:15pm starting September 30   | ✓               |
| Stocking Your Resilience Toolbox: Part 2                             | 4 sessions         | Wednesdays from 3:30 - 4:30pm starting October 2   | ✓               |
| Stocking Your Resilience Toolbox: Part 3                             | 4 sessions         | Wednesdays from 3:30-4:30pm starting November 6  | ✓               |

# College of Health & Well-Being

The College of Health & Well-Being is a group-based program for adults that promotes recovery, well-being, and knowledge. We offer free courses addressing topics related to mental health, physical health, building your best life, finding your voice, increasing skills and connecting to community.

## Who is This Program Intended For?

- Individuals 16 years of age or older.
- Individuals with lived experience of mental health challenges, family members, friends, and those looking to strengthen their well-being.

## Program Offers:

- Free virtual or in-person workshops and courses, where small groups of people come to learn together and from each others' lived, life, professional and subject expertise.
- Informative and interactive courses developed in partnership with peer supporter workers, who are experts by lived experience.
- A welcoming, collaborative and inclusive environment.
- Real knowledge and practical tools to support people to build skills and confidence for their recovery journeys.
- Accessible courses that incorporate different learning styles and follow adult learning principles. Interpretation services are available upon request.

## About Us:

The Canadian Mental Health Association York Region South Simcoe offers 30+ free programs and services for youth (12 and up), adults and family caregivers. Last year we provided mental health and addictions services to more than 17,000 individuals in our community. For more information visit [www.cmha-yr.on.ca](http://www.cmha-yr.on.ca).

## We're Here for You

**Email:** [cmhacollege@cmha-yr.on.ca](mailto:cmhacollege@cmha-yr.on.ca)

**Call:** 905-841-3977

**Toll Free:** 1-866-345-0183 ext. 4248

**Website:** [www.cmhacollege.ca](http://www.cmhacollege.ca)



Canadian Mental  
Health Association  
York and South Simcoe



# CMHA College of Health & Well-Being

Our Place for Learning, Growth & Community



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

FREE COURSES  
WITH NO TESTS  
OR ASSIGNMENTS



Interpretation Services are available upon request.



Develop skills and confidence for your **RECOVERY JOURNEY**



Build a toolkit of **SELF HELP SKILLS**



**UNDERSTAND** aspects of the challenges you may be facing



Grow and plan for your **FUTURE**



[cmhacollege.ca](http://cmhacollege.ca)

Contact Us:

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