

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.

We're Here for You

Email: cmhacollege@cmha-yr.on.ca

Call: 905-841-3977

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



Canadian Mental
Health Association
York and South Simcoe

Website: www.cmhacollege.ca

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

SPRING 2025 COURSES			COURSE DELIVERY	COURSE DELIVERY
NAME OF COURSE	NUMBER OF SESSIONS	COURSE INFORMATION; STARTING DATES, TIMES AND DAYS OFFERED	VIRTUAL (TEAMS)	IN-PERSON
Co-production: Connecting Canadians	1 session	Friday, May 9 from 11 am to 12 pm	✓	
Co-production: Negative Self-Talk	1 session	Wednesday, April 23rd from 2 pm to 3 pm	✓	
Learning How to Say NO	4 sessions	Fridays from 11 am - 12 pm starting May 16	✓	
Communication Skills with Alternative Realities	6 sessions	Thursdays from 6 pm to 8 pm starting May 1	✓	
MyRide YRT Information Session	1 session	Thursday, April 10 from 11 am - 12 pm (Hybrid - Aurora)	✓	AURORA
Negative Self-Talk	4 sessions	Wednesdays from 11 am to 12 pm starting May 7	✓	
Substance Use Awareness Workshop	1 session	Thursday, May 8 from 10 am - 12 pm	✓	
Rise Above the Rest: Indigenous Workshop	1 session	Thursday, June 12 from 1 pm - 3:15 pm (In- Person only)	✗	AURORA
Rentsmart Training	1 session	3 Tuesday Workshops. Choice of April 22nd, May 20th, or June 24th from 1:30 pm to 3:30 pm	✓	Newmarket

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

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