

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
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Mental health for all

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

SPRING 2026 COURSES			COURSE DELIVERY	COURSE DELIVERY
NAME OF COURSE	NUMBER OF SESSIONS	COURSE INFORMATION; STARTING DATES, TIMES AND DAYS OFFERED	VIRTUAL (TEAMS)	In-Person
Orientation - New CMHA College Learners	1 session	Monday, April 6th from 1:00 pm to 2:00 pm	✓	
Co-production: DBT Skills for Real Life: Mindfulness	1 session	Monday, April 20th from 1:00pm to 2:00pm	✓	
Support for Anxiety	Ongoing	Mondays and Tuesdays	✓	
Support for Depression	Ongoing	Mondays, Tuesdays, Thursdays and Fridays	✓	
DBT Skills for Real Life: Mindfulness	6 sessions	Monday, May 4 th from 1:00pm to 2:00pm	✓	
Photography for Reflection & Wellbeing	8 sessions	Wednesday, April 22nd from 2:30pm to 3:45pm	✓	✓
Inner Critic to Inner Cheerleader	4 Sessions	Tuesday, May 5 th from 10:00am to 11:15am	✓	
Yoga with Isabelle in Aurora	10 sessions	Friday, April 17th from 11:00pm to 12:00pm		✓

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Yoga with Isabelle in Markham	10 sessions	Tuesday, April 14th from 1:30pm to 2:30pm		✓
Rentsmart Training	3 sessions	Tuesdays - April 21, May 19, June 23	✓	✓
Atomic Habits	4 sessions	Wednesday, April 29 th from 10:00am to 11:00am	✓	
WRAP 1 - Wellness Recovery Action Plan in Markham	8 sessions	Tuesday, April 7 th from 10:00am to 12:00pm		✓

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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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