



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous



100 years of
community
ans dans la
communauté




WELL-BEING
LEARNING CENTRE



COURSE
GUIDE

Winter Term 2020
January - March



The Canadian Mental Health Association has actively promoted and supported the development of positive mental health for over 100 years. Through innovative services, education, and social action, CMHA has enhanced Canadians' abilities to create and enjoy a life of their choosing. Throughout CMHA's extensive history, providing high quality, practical education has been an important focus.

Developed using a model called a "Recovery College", CMHA's Well-Being Learning Centre Course Guide is based on adult learning principles and the perspective of those who have experienced mental illness.

The wide range of courses provide opportunities for students to share experiences, gain insight, and develop the necessary skills to enrich their mental health and well-being, build community, and experience full citizenship.

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▶ Something for Everyone

The Canadian Mental Health Association Manitoba and Winnipeg presents the **CMHA Well-Being Learning Centre**, a mental health and well-being campus that promotes recovery, well-being, and knowledge.

Like other Recovery Colleges, our centre operates on the belief that everyone can experience recovery and thrive within healthy and supportive communities.

The CMHA Well-Being Learning Centre is for people

with lived experience, family members, friends, service providers, and individuals looking to strengthen their well-being. The pursuit of well-being is a journey that can lead each of us to many meaningful experiences throughout our lives.

We offer many free courses that are informative and interactive. We know that the best learning happens when personal stories and lived experience are shared.

Our environment is one of equality and diversity. Our courses are developed collaboratively with people who have lived experience and those with professional experience.

Read on to find out more about our course offerings and how you can become a student. If you have any questions, please call us at 204-982-6100. You can also check out our website at mbwpg.cmha.ca for more information or to register.

▶ About our Learning Centre Our Approach

The Centre values and respects the individual needs and learning styles of every student. We provide a safe and welcoming environment where you can focus on your learning goals, journey to recovery, and well-being. Students become experts in their own self-care and develop the skills and confidence to create the best life for themselves.

Our courses are safe and supportive, and privacy and confidentiality are honoured. The student determines what their participation looks like, but there is always opportunity to share stories, experiences, opinions, and emotions.

Learning is an ongoing process and the student determines the pace and the course load that is best for them.

We invite you to connect with our Student Services Coordinator to develop an individualized learning plan and to meet at various intervals as your courses progress. Our Student Services Coordinator can provide assistance to support you to identify your goals, hopes, and ambitions for your journey.

▶ Focus on Co-Production What is it and how you could get involved

All the courses at CMHA Manitoba and Winnipeg are co-produced. As a student in the Well-Being Learning Centre, you may choose to participate on one of our co-production teams.

Co-production means that there is a group of people involved in thinking about and developing any new courses, all of whom have their own “expertise”. It is these experts who work together to produce a course.

Members of the co-production group can be experts by professional training or experts by lived experience.

For example, a person living with mental health issues would be an expert by lived experience. An occupational therapist or consultant psychiatrist would be an expert by profession with professional qualifications in their specific area; it is all of this strengths-based expertise that combines with each co-producer having equal valued input into the decision making process. All individual comments and opinions are fully explored over a series of meetings – the final outcome being all positive contributions that are made during the process are reflected in the co-production document, culminating in the design of a new course.

The overall objective of the co-production sessions is to produce an educational, recovery focused, co-produced course.

► FREQUENTLY ASKED QUESTIONS

What's in a name?

One definition of recovery from William Anthony of Boston University explains:

“Recovery is a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

Do I have to have a diagnosis to attend courses?

No, the CMHA Well-Being Learning Centre is open to all members of the community that are interested in learning and strengthening their well-being. People of all walks of life attend the learning centre including people with lived experience, family members, friends, service providers, and individuals who wish to enrich their lives and increase self-awareness.

Do I have to take the courses in any particular order?

No, you are welcome to take any number of courses each semester and in any order that suits you, but consider what a reasonable course load is for yourself. We do invite you to connect with our Student Services Coordinator to develop an individualized learning plan specific to your own situation and needs. Call 204-982-6130 to make an appointment.

How long are the courses?

The courses run between one and eight sessions and each session is approximately two hours in length.

Who are the course instructors?

The courses are delivered by professional facilitators who work at CMHA and co-delivered by individuals with lived experience who have been students in the learning centre. This is based on our belief that those who have

experienced mental health issues and those close to them are experts by experience.

Is there a certificate I can get after I have taken courses?

No, we do not offer a certificate because we believe in life-long learning and invite you to take courses whenever you may find them helpful. We are always creating and adding new courses so you may want to keep your eye out for new courses that may interest you in the future.

How is the learning centre different from mental health programs and support groups?

Our courses are structured based on adult learning principles and involve the delivery of information, specific strategies and techniques in a short period of time. However, we also strive to foster discussion and an exchange of ideas and personal experiences in every course. Each course is a unique opportunity to learn and develop skills and to connect with others and hear about their journeys. We view participation through a very open and accepting lens. You will never be pressured to share or participate in our courses beyond your comfort level.

How is the learning centre different from other colleges and universities?

Our courses do not involve any assessments or tests, although some may have a bit of homework assigned between sessions to apply and develop the skills that are introduced.

As well, our course topics are not typically offered in traditional colleges and universities. Our emphasis is on developing self-awareness and strengthening well-being rather than academic goals. Although we incorporate research and information into our courses, we also want to learn from real life experiences of those on their own unique journey.

If you have any other questions or would like to book a tour please feel free to call us at 204-982-6100.

JANUARY SESSIONS

Living Life to the Full/ 4 SESSIONS

Course Overview

Do you want to know how to feel better, right now? This four session interactive course introduces the principles of Five Areas of the Cognitive Behavioural Therapy (“CBT”) Model, developed by Dr. Chris Williams. Learn how to deal with feelings when feeling fed up, worried, or hopeless, and learn skills that help tackle life’s problems.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Learn how to recognize what’s happening and get control of your thoughts and feelings
- ▶ Explore how to break out of the cycle of low activity
- ▶ Introduce the “Amazing Bad Thought Busting Program”
- ▶ Use an Easy 4 step plan to achieve goals and work on problems

There is a fee for this course
CMHA Members \$80
Non-members \$100

Day	Date	Time
WED	Jan 8 – Jan 29	5:30pm – 8:00pm

Mental Health Education for Families/ 8 SESSIONS

Course Overview

Are you coping with a mental illness of a family member? Do you struggle with how to support your loved one? This 8 week course will help you to focus on your own well-being while you are providing support to a family member.

Well-Being Learning Centre—PLUM ROOM

Facilitators—Deborah Kasner & Hailey Zayik

Course Learning Points

- ▶ An overview on mental illness including types, risk factors, and myths about mental illness
- ▶ Practical skills to improve your ability to communicate with your family member
- ▶ Setting limits and boundaries with family members
- ▶ Stress-busting tips and coping skills to enhance your own mental wellness will be shared
- ▶ Rights and responsibilities of persons living with a mental illness, family members, and professionals will be explored
- ▶ How to support your family member through their personal recovery journey and how to get support for yourself, as a family member, will be discussed

There is a fee for this course
CMHA Members \$80
Non-members \$50

Day	Date	Time
THU	Jan 9 – Feb 27	6:00pm – 8:00pm

Recovery 101/ 1 SESSION

Course Overview

Recovery is the process of re-defining and re-building your life with the experience of mental health issues. This course is an opportunity to explore and discuss various approaches to recovery and wellness.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Discuss what recovery is
- ▶ Identify where to start a recovery journey
- ▶ Explore helpful recovery strategies
- ▶ Focus on wellness and mental health

Day	Date	Time
MON	Jan 13	1:30pm – 4:00pm

Recognizing Workplace Culture/ 2 SESSIONS

Course Overview

Every workplace has its own culture, an unspoken way that things are done and how colleagues interact. This course will explore ways to identify a workplace's culture and how you can ensure that you fit positively into your workplace.

Well-Being Learning Centre—BLUEBERRY ROOM

Facilitator—Tammy Dueck

Course Learning Points

- ▶ Explore what workplace culture is
- ▶ Answer why it is important to recognize workplace culture
- ▶ Identify what is acceptable and not acceptable in your workplace
- ▶ Learn what a toxic work environment looks like

Day	Date	Time
TUE	Jan 21 & Jan 28	12:30pm – 3:00pm

Get Better Together/ 6 SESSIONS

Course Overview

This six session self-management program was developed by Stanford University and explores strategies and techniques with individuals experiencing chronic health issues. It is an interactive program that focuses on healthy eating, exercise, coping with fatigue and lack of sleep, medication management, and communication skills, working in partnership with health professionals and processing the strong emotions that accompany ongoing health conditions.

Well-Being Learning Centre—PLUM ROOM

Facilitators—Glenna Last & Tammy Dueck

Course Learning Points

- ▶ Explore the difference between acute and chronic conditions
- ▶ Learn to deal with difficult emotions
- ▶ Learn about muscle relaxation and better breathing practices
- ▶ Discuss medication management
- ▶ Explore physical activity and healthy eating
- ▶ Learn techniques to manage pain and fatigue
- ▶ Explore treatment decisions
- ▶ Making action plans to respond to illness and pain

Day	Date	Time
THU	Jan 23– Feb 27	12:30pm – 3:00pm

Insights into Depression/ 3 SESSIONS

Course Overview

This three session course will discuss the symptoms of depression and the different ways that depression presents itself, bringing focus to strategies to manage, and techniques to get through difficult times.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Explore the experiences of depressions
- ▶ Identify the unique challenges involved in managing depression
- ▶ Learn approaches to communicating your needs

Day	Date	Time
FRI	Jan 24 – Feb 7	1:30pm – 4:00pm

Journaling/ 1 SESSION

Course Overview

Journaling is a great way to connect with your emotions, record important experiences, and develop perspective. This short course will focus on the art and benefits of regular journaling and the different techniques that can be used to keep a journal.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Explore what journaling is
- ▶ Identify the benefits of journaling
- ▶ Learn how to journal

Day	Date	Time
MON	Jan 27	1:30pm – 4:00pm

FEBRUARY SESSIONS

Don't Stress About Stress/ 2 SESSIONS

Course Overview

Stress is an experience that is universal and cannot be avoided. This two session course examines various perspectives on stress and provides practical strategies to respond to stressful experiences.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Stacey Krueger

Course Learning Points

- ▶ Define the word stress
- ▶ Explore the causes of stress
- ▶ Learn how to respond to stress

Day	Date	Time
TUE	Feb 4 & Feb 11	1:30pm – 4:00pm

Communicating Well/ 4 SESSIONS

Course Overview

This four session course will identify strong communication skills and explore how communication impacts relationships and confidence out in the world. Active listening will be explored and practiced and options for conflict resolution will be shared. This course will include opportunities to practice communication skills in the classroom.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Identify the basic building blocks of communication
- ▶ Evaluate the need for active listening skills
- ▶ Understand the practical uses and needs for communication
- ▶ Explore skills for conflict resolution

Day	Date	Time
WED	Feb 5 – Feb 26	1:30pm – 4:00pm

Insights into Psychosis/ 3 SESSIONS

Course Overview

This course will focus on the symptoms of psychosis, risk factors, and coping strategies to manage symptoms and address barriers to maintaining quality of life. We will hear about people who are living successfully with the experience of psychosis and their day-to-day approaches.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Learn what psychosis is
- ▶ Identify symptoms of psychosis
- ▶ Explore risk factors associated with psychosis
- ▶ Identify the impact of psychosis
- ▶ Learn about coping strategies for psychosis
- ▶ Complete an activity to learn what it is like to hear voices

Day	Date	Time
FRI	Feb 14– Feb 28	1:30pm – 4:00pm

Making Connections/ 2 SESSIONS

Course Overview

We all benefit from healthy and meaningful relationships. Do you struggle to meet and connect with others? Take this course to learn strategies and techniques to initiate conversation and develop meaningful relationships.

Well-Being Learning Centre—BLUEBERRY ROOM

Facilitator—Sheryl Giesbrecht

Course Learning Points

- ▶ Why do we need to connect with others?
- ▶ Discuss loneliness
- ▶ Learn strategies for connecting with others
- ▶ Develop the skill of initiating a conversation
- ▶ Identify places in the community to connect with others

Day	Date	Time
FRI	Feb 21 & Feb 28	1:30pm – 4:00pm

Making Peace with Anger/ 4 SESSIONS

Course Overview

This course will focus on developing an understanding of anger and why it is an important emotion. We'll explore strategies to help manage our anger when we feel overwhelmed by it.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Kellie Williams

Course Learning Points

- ▶ Explain what anger is and the consequences of not using healthy strategies to manage anger
- ▶ Understand the different anger styles and their impact on relationships
- ▶ Utilize anger management skills and strategies
- ▶ Use communication skills to reduce the negative impact of anger

Day	Date	Time
MON	Feb 24– Mar 16	12:30pm – 3:00pm

MARCH SESSIONS

Navigating Relationships/ 3 SESSIONS

Course Overview

This three session course will focus on the characteristics of healthy and unhealthy relationships and discuss ways to repair and recover from unhealthy relationships. Make a plan towards developing healthier relationships in the future.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Define and characterize a healthy relationship versus an unhealthy relationship
- ▶ Understand manipulative behaviour
- ▶ List behaviours that prevent meaningful, healthy relationships
- ▶ Identify your role in healing a family relationship
- ▶ List the benefits of friendship and the qualities of a healthy friendship
- ▶ Learn how to be a healthy friend, partner, or family member

Day	Date	Time
WED	Mar 4 – Mar 18	1:30pm – 4:00pm

Conquering Negative Thought Patterns/ 3 SESSIONS

Course Overview

Are you struggling to overcome negative thinking? This three session course will review the patterns of negative thoughts and provide you with a two-step process for changing negative thoughts to positive thoughts.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Glenna Last

Course Learning Points

- ▶ Define negative thinking
- ▶ Recognize the inner critical voice
- ▶ Identify patterns of negative thoughts
- ▶ Learn the types of distorted thinking
- ▶ Recognize your own negative thoughts
- ▶ Change negative thoughts with positive thoughts

Day	Date	Time
THU	Mar 5 – Mar 19	1:30pm – 4:00pm

Establishing Boundaries/ 3 SESSIONS

Course Overview

Boundaries are guidelines or personal rules that a person identifies as reasonable and safe ways to interact with others. This three session course will help you to identify your personal boundaries and ensure they are respected by others.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Sheryl Giesbrecht

Course Learning Points

- ▶ Discuss what boundaries are, why they are important, and why they change
- ▶ Identify problems or barriers people may have to establishing and maintaining boundaries
- ▶ Explain why a network of support will assist you to have better boundaries
- ▶ Learn about the different kinds of boundaries
- ▶ Explore the difference between boundary crossings and boundary violations
- ▶ Demonstrate how to communicate boundaries to others
- ▶ Recognize when someone is communicating their boundaries to you

Day	Date	Time
WED	Mar 11 – Mar 25	6:00pm – 8:30pm

Exploring Self-Esteem/ 3 SESSIONS

Course Overview

This three session course is focused on exploring why we struggle with self-esteem, the importance of positive self-esteem and developing a daily practice of self-esteem.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Stacey Krueger

Course Learning Points

- ▶ Learn what self-esteem involves
- ▶ Identify what can negatively affect self-esteem
- ▶ Discuss the four corners of self-esteem
- ▶ Develop a plan to build your self-esteem

Day	Date	Time
TUE	Mar 10 - Mar 24	1:30pm – 4:00pm

Exploring Spirituality/ 2 SESSIONS

Course Overview

A spiritual life can bring comfort and perspective to one's life. This two session course will explore the many ways to express your spirituality and different ways to exercise your values and beliefs.

Well-Being Learning Centre—BLUEBERRY ROOM

Facilitator—Tammy Dueck

Course Learning Points

- ▶ Understand what spirituality is and how it relates to religion
- ▶ Recognize how spirituality connects to mental health
- ▶ Obtain ideas about spiritual practices and spaces
- ▶ Identify your skills and how they are related to spirituality
- ▶ Understand and evaluate your spiritual health

Day	Date	Time
THU	Mar 12 & Mar 19	10:00am – 12:30pm

Be Assertive/ 2 SESSIONS

Course Overview

Do you want to be more assertive? This two session course will describe various communication styles and provide strategies to become more assertive in your communication. We teach how to treat us through our behaviours and the words we use. Learn behaviours and words that will tell others that you are an assertive person and deserving of respect.

Well-Being Learning Centre—BLUEBERRY ROOM

Glenna Last

Course Learning Points

- ▶ What is assertiveness?
- ▶ What is the difference between assertiveness, aggression, and passivity?
- ▶ How is assertiveness helpful?
- ▶ What are the barriers to being assertive?
- ▶ How to increase your assertiveness
- ▶ Saying 'no' when you need to

Day	Date	Time
TUE	Mar 24 & Mar 31	1:30am – 4:00pm

Facilitation Skills/ 8 SESSIONS

Course Overview

Are you interested in co-facilitating courses in the CMHA Well-Being Learning Centre? This course will provide the basics regarding facilitating to groups and feeling comfortable with public speaking. Opportunities to participate and practice facilitation skills are always available to students.

Well-Being Learning Centre—PLUM ROOM

Facilitator—Kellie Williams

Course Learning Points

- ▶ Define facilitation
- ▶ Learn about the various teaching and learning styles
- ▶ Explore the purpose of group learning
- ▶ Develop the skills to lead a production session
- ▶ Respond to challenges that arise when facilitating a group
- ▶ Practice facilitation skills and presenting to groups

Day	Date	Time
MON	Mar 30 – Jun 1	12:30pm – 3:00pm

** There will be no classes on April 13 and May 18*

ASHTANGA YOGA AND MEDITATION CLASSES

Are you looking for peace and calm in your life? This FREE introduction to Ashtanga yoga and relaxing meditation can help you to manage stress and anxiety while keeping fit in a fun way! The classes are led by certified Ashtanga Yoga teachers, no previous yoga experience needed. We suggest wearing comfortable clothing and if you do not have a yoga mat one will be provided for your use. This course is not intended for expectant mothers.

- ▶ Learn yoga postures and how to meditate in safe, fun, trusting, and respectful classes
- ▶ Learn to be more aware of the present moment, stilling your mind to a peaceful state

No Registration
Required
Just Drop In

MONDAYS
2:00 – 3:00

TUESDAYS
5:00 – 7:00

THURSDAYS
3:00 – 4:00

HOW TO REGISTER

Register for any course online at [mbwpg.cmha.ca/
programs-services/learning-centre](http://mbwpg.cmha.ca/programs-services/learning-centre)
or call 204-982-6100 or drop in to
930 Portage Avenue, Winnipeg, MB., R3G 0P8

All courses are free, unless otherwise noted

For more information about a particular course, or to speak with someone about developing an individualized learning plan, please get in touch; we'd be happy to help.

204-982-6130

THE CANADIAN MENTAL HEALTH ASSOCIATION

▶ Our Vision

“Mentally healthy people in a healthy society.”

Mental health is “the capacity to think, feel, and act in ways that enhance our ability to enjoy life and deal with the challenges we face”.

Public Health Agency of Canada

▶ Our Mission

To honour and promote the mental health of all Manitobans and to support individuals who experience mental illness and addictions issues to achieve recovery and well-being within healthy and supportive communities.

▶ Our Values

- Accessible and inclusive
- Collaborative-based
- Culturally-safe
- Equity-focused
- Evidence-based
- Partnership-driven
- Recovery-oriented
- Relational/person centered
- Strength-based
- Trauma-informed

Visit mbwpg.cmha.ca for more information and resources.



mbwpg.cmha.ca