

COURSE CALENDAR 2016–2017

Register at winnipeg.cmha.ca/programs_services/courses

Mental Health First Aid Basic

November 17–18, 2016, 9:00 am – 4:00 pm

January 19–20, 2017, 9:00 am – 4:00 pm

March 22–23, 2017, 9:00 am – 4:00 pm

Course fee: \$150.00 Member rate and limited subsidy rates also available. See online registration for details.

Do you want to better understand mental health issues and know what to do in a crisis situation? This 12 hour course gives an overview of different types of mental health issues including mood disorders, anxiety disorders, psychotic disorders, and substance use disorders. Participants learn crisis first aid skills for the following situations: suicidal behaviour, panic attack, acute stress reaction, psychotic episode, and substance overdose.

Participants receive a certificate upon completion.

Mental Health First Aid AWIYW

September 29–30, 2016, 9:00 am – 5:00 pm

April 24–25, 2017, 9:00 am – 5:00 pm

Course fee: \$150.00 Member rate and limited subsidy rates also available. See online registration for details.

Mental Health First Aid for Adults Who Interact With Youth is a 14 hour course which covers the same material as the basic course but with a youth oriented focus and with the additional topics of eating disorders and deliberate self-injury.

Participants receive a certificate upon completion.

Mental Health Education for Families

**Tuesdays, October 25–December 13, 2016
(8 Weeks), 5:45 – 7:45 pm**

**Tuesdays, January 24–March 14, 2017
(8 weeks), 5:45 – 7:45 pm**

**Tuesdays, April 25–June 13, 2017
(8 weeks), 5:45 – 7:45 pm**

Course fee: \$50.00

Are you supporting a loved one with a mental health issue? This 6 week course is for family members who want to learn how to support a family member through their recovery journey and how to get support as a family member.

The course provides an overview on mental illness; offers practical skills to improve your ability to communicate with your family member; provides stress-busting tips and coping skills to enhance your own mental wellness; and reviews the rights and responsibilities of persons living with a mental illness, family members, and professionals.

Courses take place at 930 Portage Avenue

For more information visit our website winnipeg.cmha.ca
or call Tammy Dueck, Education and Volunteer Coordinator, 204-982-6125

winnipeg.cmha.ca

office@cmhawpg.mb.ca

204-982-6100

Living Life to the Full

**Thursdays, October 17–December 5, 2016
(8 weeks), 6 – 7:30 pm**

**Thursdays, February 16–April 6, 2017
(8 weeks), 6 – 7:30 pm**

Course fee: \$100.00 Member rate and limited subsidy rates are also available. See online registration for details.

Want to know how to feel better, right now? This 8 week enjoyable, interactive course introduces the principles of Five Areas Cognitive Behavioural Therapy (CBT) model, developed by Dr. Chris Williams. Participants learn how to deal with their feelings when fed up, worried, or hopeless, and learn skills that help them tackle life's problems. Sessions include topics such as: "Why do I feel so bad?," "Why does everything always go wrong?," "How to fix almost anything," and "10 things you can do to feel happier straight away."

Mindfulness Based Stress Reduction

**Tuesdays, September 27–November 15, 2016,
6:00 – 8:30 pm**

Orientation September 13, 6:00 – 7:00 pm
DOM: Saturday, November 5, 9:00 am – 4:00 pm

**Wednesdays, October 12–November 30, 2016,
6:00 – 8:30 pm**

Orientation October 5, 6:00 – 7:00 pm
DOM: Saturday, November 19, 9:00 am – 4:00 pm

**Mondays, October 17–December 5, 2016,
5:30 – 8:00 pm**

Orientation October 3, 5:30 – 6:30 pm
DOM: Saturday, November 26, 9:00 am – 4:00 pm

**Thursdays, February 2–March 23, 2017,
6:00 – 8:30 pm**

Orientation January 19, 6:00 pm – 7:00 pm
DOM: Saturday, March 11, 9:00 am – 4:00 pm

Course fee: \$500.00 Sliding scale based on household income are also available. See online registration for details.

Wednesdays, April 5–May 24, 2017, 6:00 – 8:30 pm

Orientation March 29, 6:00 – 7:00 pm
DOM: Saturday, May 13, 9:00 am – 4:00 pm

Thursdays, May 11–June 29, 2017, 6:00 – 8:30 pm

Orientation May 4 from 6:00 – 7:00 pm
DOM: Saturday, June 17, 9:00 am – 4:00 pm

Would you like to improve your ability to let go of the past, worry less about your future, and live more fully in the present? Mindfulness Based Stress Reduction is an approach to self-care that can help you develop greater balance, control, and fuller participation in your life while assisting in managing stress, pain and illness. The practice of meditation is used to help people learn to focus awareness on body sensations, thoughts, and emotions in a nonjudgmental way.

The course consists of 8 weekly classes and 1 day-long class (a Saturday) and is modelled on the program developed by Dr. Jon Kabat-Zinn at the Stress Reduction Clinic at the University of Massachusetts Medical Centre. Classes include guided mindfulness meditations and mindful stretching/movement. Participants are provided with two guided meditation CDs plus weekly handouts to assist with daily assignments.

NEW COURSE

The Daring Way

**Thursdays, October 13 – December 1, 2016
5:30 – 7:30 pm**

**The Daring Way—Weekend Intensive Course
Saturday, October 29 and Sunday, October 30,
2016, 9:00 – 5:00 each day**

Do you want to transform the way you live, love, parent, and/or lead? The Daring Way™ can help you do just that by teaching you to examine thoughts, emotions and behaviours that are holding you back and identifying new choices and practices that will move you toward more authentic and wholehearted living. Topics explored include vulnerability, courage, shame, worthiness and shame resilience skills.

Course fee: \$500.00 Sliding scale based on household income are also available. See online registration for details.

Register at winnipeg.cmha.ca/programs_services/courses