



Canadian Mental Health Association has been providing services in Canada for over 100 years. We provide direct services for people that have experience with mental illness, peer support, education and training, advocacy, system navigation, Vocational programs and many other programs and supports. You can talk to us without any referrals. We are here for everyone.

ONLINE Wellness Development Tuesdays from 12:15-12:45 September Schedule Dates

Sept. 1st – Voices of Hope – Nicole Herbert –This Project came to light following a rise in suicide numbers that have ultimately impacted our community as a whole. The aim for this project is to essentially get loud for mental health and connect our community in a new way

Sept. 8th – Suicide – Myths and Stigma – Donna Bowyer- One of the reasons that we don't ask about suicide and why people don't seek help is because there are so many myths and stigmas around mental health issues and suicide. We have an opportunity to identify some of the myths and stigmas around suicide.

Sept. 15th – Harm Reduction – Andrew Love–

Sept. 22nd – Impact of Divorce and Children –Brenda Zinn - Separation/Divorce has a profound impact on all family members. Loss of security is often coupled with intense feelings of grief. The stress can be overwhelming for kids, teens and parents. In this session you will learn about the grieving process, ages, stages, signs of stress and how you can support your children while navigating through your own feelings of grieve.

Sept. 29th - Psychology of Media and Advertising on Gambling- Bretton Hutt- This topic will cover the portrayal of gambling in media (ie movies, television), popular culture, and advertising, and the psychological effects on individuals to inform their gambling decisions.

FREE but you must pre-register so we can send you the online link. More topics will be posted for October. Email me with any topics you may want to learn about.

For more information, you can email [hopelc@cmhask.com](mailto:hoppelc@cmhask.com)

Registration

Name: _____

Email: _____

18 + year _____ Under 18 _____

How many people attending at your site: _____?

First time attending _____

Returning student _____

Training Name: _____ Date: _____

Community: _____

Other topics I would like to learn about: