

# ADULT EDUCATION

The Education program provides fee-for-service learning sessions to a variety of adult groups and workplaces.



**MENTAL HEALTH** One in five Canadians will experience a mental health disorder at some point in their life, yet many do not seek help because of the stigma often associated with mental health disorders. The Mental Health learning session breaks down common misconceptions surrounding mental health disorders and promotes a preventative approach to mental health. Participants gain a comprehensive introduction to the types of mental illnesses and the resources available for help.

**STRESS MANAGEMENT** Eating well, staying hydrated, and exercise are healthy choices for life. Unfortunately, people often neglect these choices when stress begins to take over. The Stress Management learning session demonstrates the benefits of managing a balanced lifestyle. Often, making a few minor changes helps in making a substantial difference in managing stress. The session provides individuals with the strategies they need to achieve balance and manage stress at work, at home, and in life.

**SUICIDE PREVENTION** Typically, deaths by suicide in Alberta are some of the highest in Canada. On average, 500 people die by suicide every year in Alberta. The



**Canadian Mental  
Health Association**  
Calgary  
*Mental health for all*

Suicide Prevention session provides a compassionate and informative discussion around suicide – dispelling myths, outlining warning signs and protective factors, and connecting people to professional resources.

**COMMUNITY HELPERS** Research demonstrates that the majority of people turn to others they know and trust before seeking help from professionals. Community Helpers is a peer selected training initiative available in workplaces and community groups for people who demonstrate a “natural” tendency to help others. Community Helpers aims to enhance an individual’s supportive skills while emphasising the importance of self-care.

**SPECIALITY SESSION** Any of the program’s learning sessions may be tailored to your specific group, as long as the requested topic focuses on mental health.

Adult learning sessions are provided on a fee-for-service basis. To book a session or to inquire for more information please contact:

**[education@cmha.calgary.ab.ca](mailto:education@cmha.calgary.ab.ca)**

*Due to the strong demand, sessions must be booked at least six to eight weeks in advance to ensure a preferred time and date. Specialty Sessions may acquire a greater wait time to accommodate the request.*

## FOR MORE INFORMATION

**[cmha.calgary.ab.ca](http://cmha.calgary.ab.ca)**  
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