

EDUCATION

The Education program works to promote mental health and wellness through engaging, interactive learning sessions presented to youth and adult audiences. Three distinct learning sessions on the topics of *Stress Management, Mental Health and Suicide Prevention* are delivered by qualified educators using evidence based knowledge and top quality teaching practices.



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

ADULT EDUCATION Mental health is about achieving personal balance, and finding this balance can be a learning process. Learning sessions are available to a variety of adult groups in community organizations and workplace settings to give participants a strong understanding, awareness and appreciation of mental wellbeing on their journey towards balance.

YOUTH EDUCATION The young adult years are a critical time in the promotion of life-long emotional wellness. Youth Education provides students in junior high schools, senior high schools and post-secondary institutions with crucial, age appropriate, education sessions on mental



health. Learning sessions are free of cost to schools, developed and delivered by qualified educators, and designed to fit into one class period.

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 schools, 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.

Booking:

Educational sessions are free to schools only, sessions to other groups 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

Due to strong demand, sessions must be booked six to eight weeks in advance.

FOR MORE INFORMATION

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