



CANADIAN MENTAL HEALTH ASSOCIATION - CALGARY

RECOVERY COLLEGE

COURSE PROSPECTUS



Canadian Mental
Health Association
Calgary
Mental health for all

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ABOUT CMHA CALGARY

CMHA Calgary has been providing community based programs and services in the Calgary Region for over 60 years. We are part of a national association of 120 CMHA's scattered across the country continuously evolving to serve the needs of our communities. We work closely and collaboratively with local community serving agencies to foster better system coordination and to share and learn best, or emerging best practices. CMHA Calgary is recognized as a national leader of recovery. Our staff has participated on local, provincial and national working groups. We have been developing and testing recovery model practices with local, provincial, national and international health and social services agencies and their community providers, clinicians and peers.

We are a recovery-focused organization – our programs and services are designed to empower individuals with the tools and resources to live a meaningful life, despite illness or condition. We believe the focus of our programs and services should be less about diagnosis and/or symptoms and focused more on what an individual needs to live independently with an illness or condition. Our programs and services include: supports and programs for individuals as they transition from hospital back to their community as well as supports for their families and caregivers.

WELCOME TO RECOVERY COLLEGE

We believe that everyone can learn something to support themselves or someone else's progress on their recovery journey.

We want to give everyone the opportunity to learn together, share experiences and knowledge and most importantly, participate. Not as a patient, client, caregiver or member of staff, but simply a student – no previous education required! Through everyone learning together with only one shared label of 'student', we believe that we can begin to break down the barriers and stigma that exist, and support whatever your background, to benefit from the richness of experience.

At Recovery College we use an educational-based approach to help people recognize and develop their own resourcefulness and awareness in order to become experts in their own self-care, make informed choices and do the things that they want to do in life.

All of our courses are developed and delivered in partnership with our peer support workers who are **experts by experience**: they all have their own lived experience of mental health or addiction, or are supporting someone else with a mental health or addiction challenge.

At the Recovery College we place emphasis on people's talents and strengths. We will inspire optimism, encourage students to consider their future opportunities, and move towards a culture of personal empowerment and feelings of hope.

The Recovery College welcomes everyone in Calgary to our free, aspirational courses on recovery and wellbeing. We are open to everyone in the community – service users, professionals, family, friends and members of the public.

All our courses are interactive and positive learning experiences, emphasizing hope, control and opportunity. We see recovery as a journey, not an end point. Recovery College courses encourage a richer life through learning.

We hope this prospectus will give you the information you need to help you make decisions about registering as a student, and any courses you might want to sign up for. If you have any further questions please do not hesitate to contact us at 403-297-1402 or recovery.college@cmha.calgary.ab.ca.

We look forward to meeting you soon!

**Find
HOPE**

**Take
OPPORTUNITY**

**Gain
CONTROL**

ABOUT RECOVERY COLLEGE

Who can attend Recovery College courses?

Anyone aged 16+ who wants to learn more about mental health. Most of our students are people who have had their own first-hand experience of mental health or addiction challenges. We also have people who are supporting family members and friends, as well as people working in mental health. A referral is not needed.

Where will the courses be held?

In community venues across Calgary. Locations for each course can be found in the course summary.

How much do courses cost?

Nothing! All courses are all free but you must register before attending.

Can I register over the phone?

Yes, we can take registrations online or over the phone, if you can't register online you can call 403-297-1402.

If the course dates are full, can I just show up?

No. If the course you wish to attend is fully booked, we can add you to the waiting list in case anyone drops out.

What happens in a course?

Our courses are friendly, informative, engaging and enjoyable to help students on their recovery journey. Two trainers teach each course – one an expert by profession, working in their field of expertise, the other is an expert by experience, who will share their own recovery journey as part of each course session.

How is the Recovery College different from other Colleges and Universities?

Our courses don't have assessments, so you can learn at your own pace without the pressure of being tested. Also, many of our courses can't be found at a typical learning institute, or else we cover the same topics in very different ways. For instance, in our courses about mental health we've certainly done our research, but the main focus is on what real people have learned from real life experience.

I'm not sure I am qualified to attend Recovery College. Do I need to have completed high school?

No. All of our courses are open to everyone at all levels and at all stages of recovery, all we require is an open mind and a willingness to participate.

How is the Recovery College different from mental health group programs?

Our courses offer more structured learning experiences than a typical group program. They're designed with input from qualified and experienced educators based on contemporary learning theory. Each course has clear learning outcomes and stepped activities to explore and build new knowledge.

I've heard Recovery College courses are co-produced. What does that mean?

'Co-production' means making things (production) together (co-). It's a process where people with mental health or addiction challenges, partner in the design and delivery of services, to 'co-produce' new ways of doing things. It places equal value on different perspectives and experiences, working together, sharing a wide range of knowledge and skills. All of our courses are co-produced, meaning each course is put together by people with first-hand experience of mental health or addiction challenges, as well as education skills and expertise about the subject at hand. More often it's many people putting their heads together, each bringing a range of things to the table to ensure a great course. All of our courses are designed and taught by people with first-hand experience of mental health challenges.

Many of our trainers also have experience supporting loved ones or are working in mental health services. This rich base of life experience ensures our courses focus on what really works for good mental health, and offers many different ways of thinking about mental wellbeing and recovery.

For more frequently asked questions and information, please visit our website.

To register for courses visit: www.cmha.calgary.ab.ca or phone 403-297-1402

COURSE SUMMARY

| COURSES | DESCRIPTION |
|--|--|
| ART OF FRIENDSHIP | Set personal recovery goals, meet new friends, learn new skills, including transition to your community. This is an interactive, psycho-educational learning workshop that helps build self-awareness, confidence and interpersonal skills through topics such as human behaviour, responsibility and commitment, boundaries, values, and trust, as well as dealing with conflict. |
| ART OF RECOVERY | Consists of a series of topics related to the changes that take place for us as we find our way back from a mental health concern. This course focuses on what would be helpful in your life journey. It will assist you with tools to look at who you are now, identify who you hope to become, and what you need to do. This will be done by finding and developing strategies that will help you accomplish that goal, and live your life beyond your mental health challenge. |
| ART OF RELATIONSHIPS | <p>The Art of Relationships is a journey of personal growth that strives to give family members and caregivers the tools to maintain healthy relationships in their personal life. Ensuring that your emotional needs as a caregiver are met is important, given that the Caregiver/Supporter role is frequently engaging in relationships with service providers, friends, and family members. This course delves into topics such as conflict resolution, understanding human behaviour, building trust, and improving communication.</p> <p>PRE-REQUISITE: Completion of the 8 week Caregiver Connections Course</p> |
| BUILDING BETTER BOUNDARIES | Upon completing this course, you will be able to evaluate the effectiveness of your current boundaries, identify the different boundary types and practice ways to enhance and/or create your own boundaries for a safer and healthier life. |
| CAREGIVER CONNECTIONS: FINDING YOUR BALANCE | <p>Provides family members/friends/caregivers of those living with a mental health or addiction concern with a customized course to find balance, acceptance and hope. This course is open to all who are looking for support: a sibling, child, parent (of a youth or adult child), friend, a partner or grandparent.</p> <p>The course focuses on the needs of those living with or caring for someone, who are often themselves left unattended to, are often left in the dark, perhaps feeling confused, frustrated, scared and even angry. Family members will learn to take care of themselves by finding their own balance, create a network of support, learn personal coping strategies, gain useful tools and strategies for supporting yourself in your own personal role as a caregiver.</p> |

COURSE SUMMARY

| COURSES | DESCRIPTION |
|---|--|
| CAREGIVER CONNECTIONS (BITESIZE) | This bite-sized course is targeted towards people supporting a loved one with a mental health or addiction concern. The course touches on topics most brought up by caregivers such as: maintaining your own wellness, relinquishing control and ownership, improving relations with your loved ones by seeing the positives, and setting limits. Although similar content is discussed in the 8 week course, the content is condensed to provide space for caregivers/supporters to connect and build your own capacity. |
| HOUSE HUNTERS | Have you struggled to maintain your housing in the past? Or maybe you want to move out of mom's house? Do you need to find a roommate? Learn how to impress a landlord? Learn how to manage conflict with a roommate or landlord, what the going rate for rent is, how to pay the bills, and how to find low income housing. This is a 4 week rotating housing skills drop-in group. Each session also has an opportunity for you to meet a potential future roommate. |
| LIVING LIFE TO THE FULL | <p>Want to know how to feel better right now? Sleep better, feel happier, have more energy, gain confidence, get out more, enjoy better relationships, help others. This course can also help anyone in periods of transition, whether it is getting ready to leave high school, preparing for retirement, or moving to a new community. They are for anyone dealing with stress, anxiety or just needing help in dealing with life's challenges.</p> <p>You will participate in group activities to help you practice different skills or strategies. The sessions are designed to help you identify problem areas and give you the tools and skills to make changes. Not necessarily big changes, but changes that will last as you learn what works for you through the course.</p> |
| POP CULTURE AND SOCIAL MEDIA | This course will introduce youth to perspectives on popular culture, identity, and social media. Learners will learn about issues such as gender, mass media and creative expressions in popular culture and how it impacts recovery. Upon completing this course, you will be able see the media and pop culture you're exposed to everyday from a recovery perspective. In-depth topics will include music, film, social media, television, gaming and advertising. |
| SENSE OF BELONGING | A course where you will think deeply about your personal identity and explore themes such as culture, spirituality, socioeconomic factors etc. and how these shape identity and how one sees themselves and others. In this course you will learn to reflect and move beyond your preconceived biases in an effort to better understand yourself and the people in your life. You will gain a variety of effective communication skills and gain a broader view towards inclusion and tolerance. |

COURSE SUMMARY

| COURSES | DESCRIPTION |
|-------------------------------------|---|
| A GOOD NIGHT'S SLEEP | On completion of this course, learners will be able to evaluate the effectiveness of their current sleep routine, identify various ways to improve sleep, and create a more effective sleep plan for better health and energy. |
| UNDERSTANDING HARM REDUCTION | This course gives you a chance to begin to understand what harm reduction is, and how to implement this framework in your everyday life. It challenges you to examine your own biases and judgments to eventually work towards reserving possible judgment that you may feel toward yourself or those around you in order to participate in meaningful relationships. |
| WELLNESS WEEKS | The Wellness Weeks course provides an opportunity for students to learn and participate in different wellness activities to determine if they are effective for your everyday life. Benefits of ongoing connection and engagement in the activity will be discussed including evidence as to why it is effective as a long term strategy. Feel free to drop-in to participate and discuss other ideas to achieve or help maintain mental and physical wellness. |
| WELCOME WEDNESDAY'S | Learn about CMHA and the Road to Recovery. This drop-in group will provide insight on the services provided at CMHA and an introduction about our recovery model. Fun activities and food included. This group is open to anyone connected or new to CMHA. No registration required, just drop-in. We can't wait to meet you! |

LOCATIONS

| | | |
|--|--|---|
| CMHA MAIN OFFICE 4th Floor, 105 12 Avenue SE, Calgary, T2G 1A1 | HORIZON 14 103, 723 – 14 Street NW, Calgary, T2N 2A4 | KAHANOFF CENTRE 2nd Floor, 105 12 Avenue SE, Calgary, T2G 1A1 |
| EASTSIDE FAMILY CENTRE Northgate Mall, Suite 255, 495 36 Street NE, Calgary, T2A 6K3 | SOUTH WEST COMMUNITY RESOURCE CENTRE (SWCRC) #42 2580 Southland Drive SW, Oakridge Shopping Centre, Calgary, T2V 4J8 | |

COURSE CALENDAR

| COURSE NAME | DAY/DATE | TIME/SESSIONS | VENUE | WHO'S IT FOR | REGISTRATION |
|-----------------------|---------------------------------------|-----------------------------|-----------------------------|-------------------------------|--|
| ART OF FRIENDSHIP | TUESDAY'S OCTOBER 10— NOVEMBER 28 | 1:00—3:00PM 8 SESSIONS | CMHA MAIN OFFICE | 16—24 YEAR OLDS | YES |
| | WEDNESDAY'S OCTOBER 18— DECEMBER 6 | 10:00—12:00PM 8 SESSIONS | HORIZON 14 | ALL | YES |
| | THURSDAY'S OCTOBER 26— DECEMBER 14 | 1:00—3:00PM 8 SESSIONS | EASTSIDE FAMILY CENTRE | ALL | YES |
| ART OF RECOVERY | FRIDAY'S OCTOBER 13— NOVEMBER 24 | 10:00—12:00PM 7 SESSIONS | CMHA MAIN OFFICE | ALL | YES |
| ART OF RELATIONSHIPS | TUESDAY'S OCTOBER 17— NOVEMBER 14 | 6:00—8:00PM 5 SESSIONS | HORIZON 14 | FAMILY MEMBERS/ CAREGIVERS | YES PRE-REQUISITE: 8 WEEK CAREGIVER CONNECTIONS |
| BUILDING BETTER | THURSDAY'S NOVEMBER 16— DECEMBER 7 | 10:00—1:00PM 4 SESSIONS | CMHA MAIN OFFICE | ALL | YES |
| CAREGIVER CONNECTIONS | THURSDAY'S OCTOBER 12— NOVEMBER 30 | 6:00—8:30PM 8 SESSIONS | CMHA MAIN OFFICE | FAMILY MEMBERS/ CAREGIVERS | YES |
| | TUESDAY'S OCTOBER 24— DECEMBER 12 | 6:00—8:30PM 8 SESSIONS | PLEASE CALL FOR LOCATION | FAMILY MEMBERS/ CAREGIVERS | YES |
| | MONDAY'S OCTOBER 16— DECEMBER 11 | 6:00—8:30PM 8 SESSIONS | SWCRC | FAMILY MEMBERS/ CAREGIVERS | YES |

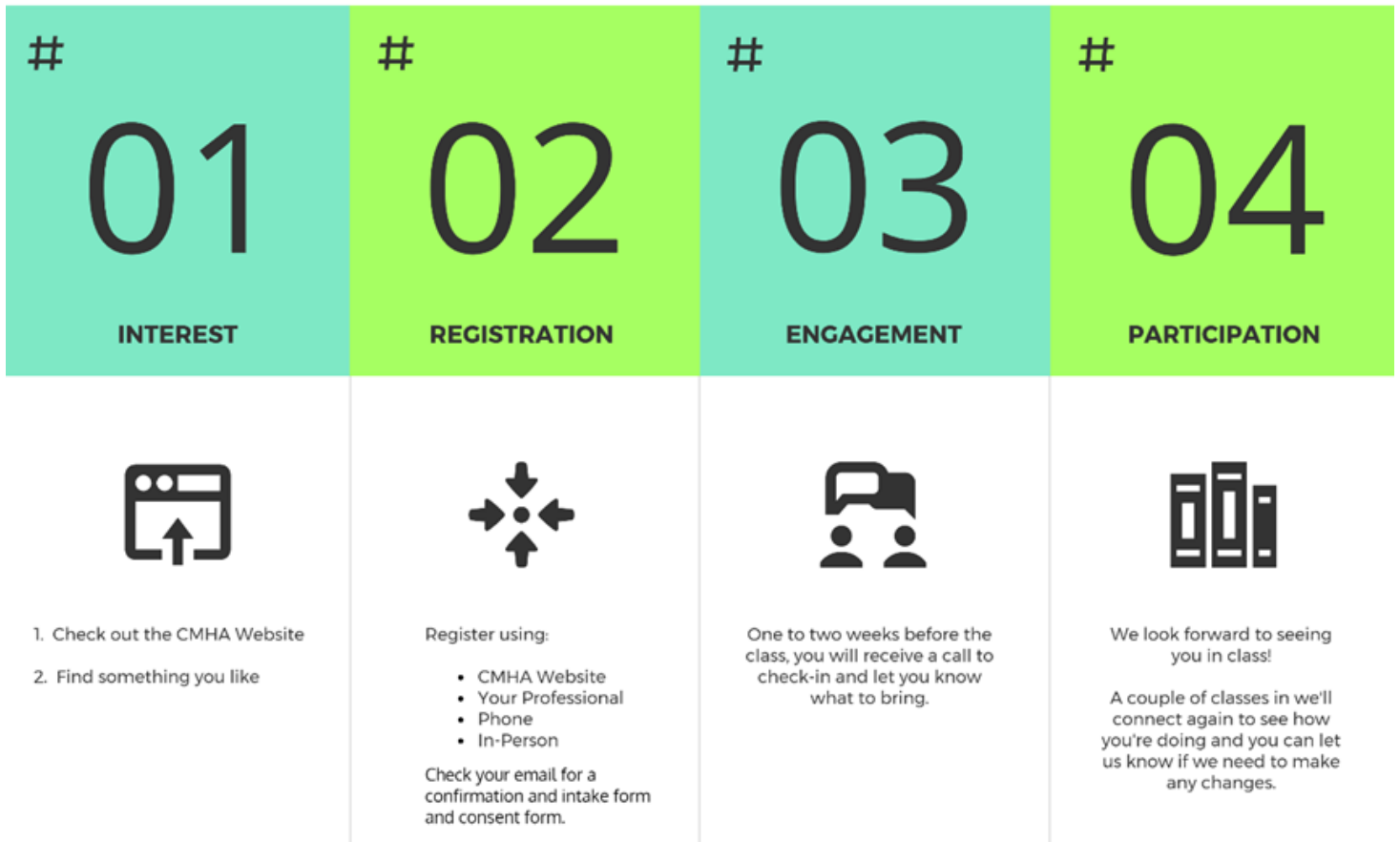
COURSE CALENDAR

| COURSE NAME | DAY/DATE | TIME/SESSIONS | VENUE | WHO'S IT FOR | REGISTRATION |
|----------------------------------|---|-----------------------------|------------------|-------------------------------|--------------|
| CAREGIVER CONNECTIONS (BITESIZE) | MONDAY'S NOVEMBER 20— DECEMBER 4 | 6:00—8:00PM 3 SESSIONS | CMHA MAIN OFFICE | FAMILY MEMBERS/ CAREGIVERS | YES |
| HOUSE HUNTERS | EVERY WEDNESDAY | 10:00—12:00PM WEEKLY | KAHANOFF CENTRE | ALL | NO |
| LIVING LIFE TO THE FULL | THURSDAY'S NOVEMBER 30 — DECEMBER 21, 2017 | 10:00—12:30 4 SESSIONS | CMHA MAIN OFFICE | ALL | YES |
| POP CULTURE AND SOCIAL MEDIA | FRIDAY'S OCTOBER 13— DECEMBER 1 | 10:00—12:00PM 8 SESSIONS | CMHA MAIN OFFICE | 16—24 YEAR OLDS | YES |
| SENSE OF BELONGING | MONDAY'S OCTOBER 16— NOVEMBER 6 | 10:00—12:00PM 4 SESSIONS | HORIZON 14 | ALL | YES |
| A GOOD NIGHT'S SLEEP | FRIDAY'S NOVEMBER 10— NOVEMBER 17 | 1:00—3:00PM 2 SESSIONS | CMHA MAIN OFFICE | ALL | YES |
| UNDERSTANDING HARM REDUCTION | WEDNESDAY'S NOVEMBER 8— NOVEMBER 15 | 3:00—5:00PM 2 SESSIONS | CMHA MAIN OFFICE | ALL | YES |
| WELLNESS WEEKS | EVERY TUESDAY WEEKLY | 2:00—4:00PM | HORIZON 14 | ALL | NO |
| WELCOME TO WEDNESDAY'S | EVERY WEDNESDAY WEEKLY | 2:00—4:00PM | CMHA MAIN OFFICE | ALL | NO |

To register for courses visit: www.cmha.calgary.ab.ca or phone 403-297-1402

Ready to take the next step?

HOW TO REGISTER



If you'd like to sign up, simply go to our website and register for a course. Alternatively, you can register by phone at: 403-297-1402.

If you want some more information about a particular course, or want to speak to somebody in person, please get it touch and we'd be happy to help.

 **403-297-1402**

 **recovery.college@cmha.calgary.ab.ca**

 **www.cmha.calgary.ab.ca**

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