



Mental Health & Wellness Education

Art of Friendship

April 9—May 28, 2019 (Tuesdays) 1:30 pm—3:30 pm

April 17—June 5, 2019 (Wednesdays) 5:45 pm—7:45 pm

Cost: free



Art of Friendship is an eight-week Canadian Mental Health Association course. Meet new friends. Learn new skills. Make new community connections. Build self-confidence. Reduce loneliness and laugh more. Topics will include tolerance, healthy boundaries, values, trust, responsibility and commitment. This course is for anyone aged 16 and older.

WRAP (Wellness Recovery Action Planning)

March 18—May 13, 2019 (Mondays) (no class Apr 22) 1:30 pm—4:00 pm

April 11—May 30, 2019 (Thursdays) 5:30 pm—8:00 pm

Cost: free



WRAP™ is an eight-week course designed to identify what individuals and families need for everyday wellness.

Participants will develop skills and tools to improve day to day life, meet daily challenges, and promote mutual cooperation in families. The course is open to teens with an adult participant as well as any individual over the age of 18.

Living Life to the Full

April 24—June 12, 2019 (Wednesdays) 1:00 pm—2:30 pm

April 16—June 4, 2019 (Tuesdays) 5:30 pm—7:00 pm

Cost: free



12 hours that can change your life! Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full is an enjoyable and an interactive course that will help you understand your feelings, thoughts and behaviors, and what to do about them!

Course Registration

Visit:

www.reddeer.cmha.ca

Email:

education@reddeer.cmha.ab.ca

Or Call:

403-342-2266

These courses will be held at:

**ATB Building
CMHA Learning Annex
4911 51 Street,
Suite 404
Red Deer, AB T4N 6V4**

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