



For more information, you can email [hopelc@cmhask.com](mailto:hoppelc@cmhask.com)
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 LUNCH BYTES.
Tuesdays from 12:15-12:45
January 2020 Schedule Dates

January 5th – New Year New Changes –In this 30 minute Lunch Byte We will be discussing all the new changes coming to The HOPE Learning Centre this year.

January 12th Coping With Change- Rebecca Rokow- 2020 was a year of many changes and the beginning of 2021 will be no different. In this Half hour session we will learn healthy ways to cope with changes and why change can sometimes be a good thing.

January 19th- Healing and Laughter-Ian Morrison -“Laughter is the Best Medicine?” In this 30 minute Lunch byte we will be introduced to Ian Morrison. Ian is the founder and facilitator of the non profit group “ Healing Through Humor” he will be giving us some very fun and interesting tips on how humor really can heal our soul.

January 26th Journaling – Jayne Whyte - Sometime the words you need to get out just won't come out. Journaling is a great way to express what you are feeling and creates a safe place to just get those words out. It is also a great way to keep track of feelings, emotions and anything else that may have you concerned.

FREE but you must pre-register so we can send you the online link.



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A Better Place For You®



Canadian Mental
Health Association
Saskatchewan
Mental health for all



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February 2020 Schedule Dates

February 2nd Harm Reduction- Andrew Love – Harm reduction is a multifaceted approach to supporting individuals, communities, and systems in mitigating the risk involved with substance use. Although models of harm reduction have been proven effective in other areas of the world and within Canada, Saskatchewan still proves reluctant to a total buy into the idea of harm reduction."

February 9th Primary and Secondary Losses– Della Ferguson (Grief and Support specialist with Jones-Parkview Funeral Service)-Loss is grieved in layers, and this session will offer a strategy for supporting you in naming and working through the layers of your loss, from the Primary Loss through all of the resulting Secondary Losses arising from it.

February 16th Children and Stress– Danielle Cameron -We all get stressed at one point in our life. We know how to help manage our stress but do we know how to help our child? In this half hour course we will show you tips and help guide you on how to help children manage with stress.

February 23rd- Racism and Anxiety – Nema Atsu- Racism, whether is it macro-aggression or micro-aggression, has an impact on the person it is directed at. Learn how these acts can impact mental health.

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March 2020 Schedule Dates

March 2nd- Mental Health and Prison – Garette MacNaull–Prison can affect many aspects of well being. In this Lunch Byte we will discuss the effects of mental health while incarcerated.

March 9th- Chronic Illness/Pain and Mental Health- Faye Meyer- People with chronic illness/pain have a daily struggle to do everyday activities. In this lunch byte we will be discussing the impact that Chronic illnesses have on our mental health.

March 16th- Strategies to Making Healthy Life Choices- Sheila Wignes - Paton , Executive Director at Phoenix Residential Homes –How do we know if our daily life choices are healthy? In this Lunch Byte will discuss how to make healthy choices and how choices effect other parts of our life.

March 23rd- Self Harm- Lindsey Fortin – self harm is an unhealthy coping strategy. Lindsey is a Peer Supporter from Moose Jaw and will be talking about her what it is and some strategies for the person involved with self harm as well as those supporting them.

March 30th- Bipolar- Danielle Cameron- Danielle Cameron - Living with bipolar- in this 30 minutes session we will hear what its like to live with bipolar and ways people can help them on their road to recovery and beyond. We will touch on how to help at each stage before diagnosis, during diagnosis and after diagnosis. Do current events impact someone with bipolar?

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