



Mental Health & Wellness Education

Art of Friendship

September 19—November 7, 2018 on Wednesdays
5:45pm—7:45pm

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)

October 11—November 29, 2018 on Thursdays
5:45pm—8:15pm

October 23—December 11, 2018 on Tuesdays
1:00pm—3:30pm

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

October 11 —November 29, 2018 on Thursdays
1:30pm—3:00pm

October 25—December 13, 2018 on Wednesdays
5:30pm—7:00pm

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!



CMHA Central Alberta Programs and Services are funded by: The Government of Canada, United Way Central Alberta, Alberta Health Services Addiction and Mental Health, the Government of Alberta, Lifelong Learning Council of Red Deer, and the City of Red Deer

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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**Canadian Mental
Health Association**
Central Alberta