



It's Not Too Early to Think about Fall Education at CMHA



Living Life to the Full

Living Life to the Full is intended for anyone. It is a fun and engaging course that provides people from all walks of life with effective tools to maximize their ability to manage life's challenges. Each 90-minute session focuses on a topic. Two sessions are presented each evening.

There is a \$185 fee for this course. Cost reduction is available on a sliding scale based on what you can pay. Payment options are available so cost should not be a barrier. **The eight week daytime workshop will begin Thursday, October 6. The four week evening workshop (two sessions per date) will begin Wednesday, October 5. Locations to be announced.**

WRAP

Wellness Recovery Action Plan is a self-management and recovery system that helps people incorporate wellness tools and strategies into their lives.

Thousands of people, world-wide, have successfully used what they learned at an 8-week WRAP™ course to live happier and more satisfying lives while improving connections to their families, their friends, and their community.

We offer both a daytime course open to anyone over the age of 18 and an evening "Family WRAP". Participation is open to couples, kids over 12 accompanied by a family member, and any group of people who consider themselves to be a family.

The daytime WRAP for Life course will begin Wednesday morning, October 19 at CMHA. The evening Family WRAP begins Tuesday, October 18, location to be announced.

There is a \$25 fee for both WRAP and Art of Friendship. Bursaries may be available for people with limited incomes. Please contact CMHA to arrange an interview to discuss the course and help determine if it is right for you.



Art of Friendship

Art of Friendship is an eight-week Canadian Mental Health Association course for people who want to improve their quality of life by learning and practicing the skills needed to develop

and keep healthy friendships. Red Deer Public Library co-sponsors this course with CMHA.

Art of Friendship is offered as both a daytime and an evening course. The afternoon course will begin Tuesday, October 4 at CMHA and the evening Course will begin Thursday, October 20.

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