



MAINTAINING GOOD MENTAL HEALTH

A WEBINAR SERIES HIGHLIGHTING TIPS AND STRATEGIES TO SUPPORT THE MENTAL WELLNESS OF YOU, YOUR FAMILY AND YOUR FRIENDS.

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
3	4	5 Challenging Negative Thinking	6	7	8/9
10	11	12	13 Physical Health for Mental Health	14	15/16
17	18	19	20 The Power of Mindfulness and Gratitude	21	22/23
24	25	26 Understanding Mental Health	27	28	29/30
31					

Challenging Negative Thinking

January 5th
2pm-3pm

[Register](#)

Getting caught in a cycle of negative thinking can seriously impact our mental well being. In this webinar, we will learn to recognize the different thought traps that we all tend to fall into, as well as strategies we can use to escape them.

Physical Health for Mental Health

January 13th
2pm-3pm

[Register](#)

Mental health and physical health go hand in hand when it comes to our level of overall wellness. Good mental health is not merely the absence of an illness or diagnosis. In this webinar, we will discuss the positive impact that physical health can have on our mental health. We will explore how being active, eating a well-balanced diet, having a proper night's sleep, regular daily routines and setting goals play an important role in building mental wellness. A healthy physical self contributes greatly to all aspects of one's life.

The Power of Mindfulness and Gratitude

January 20th
7pm-8pm

[Register](#)

Practicing mindfulness and gratitude can transform the brain and help us feel more peaceful and less reactive. At times, we may feel like we aren't in control of our own lives. Mindfulness can calm us in the moment, but also regular practice can help us stay grounded. Gratitude can improve your physical and emotional health, boost sleep, encourage self esteem, and usher in more meaningful relationships. Learn strategies and tools you can start today when you register.

Understanding Mental Health

January 26th
12pm-1pm

[Register](#)

Participants will learn general information about common mental health concerns to gain a better understanding of mental health, mental illness, signs and symptoms that someone may be struggling, and how to access support. Participants will gain a deeper understanding of the effects of stigma. Not only will this course encourage support for others, but it will also foster an understanding of a person's own mental health.



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February 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3 Coping with Isolation and Loneliness	4	5/6
7	8 Family Education Series: Boundary Setting	9	10	11 Building Resilience	12/13
14	15	16	17	18	19/20
21	22 Family Education Series: Effective Communication	23	24	25	26/27
28 Maintaining Your Own Self Care					

Coping with Isolation and Loneliness

February 3rd

1pm-2pm

Loneliness is something that can affect anyone. Whether it is due to isolation, or feeling like we don't fit in, feeling disconnected from others can influence our sense of well-being. Sometimes our thoughts, feelings and fears can keep us stuck in a negative pattern that can impact our mood and ability to engage with ourselves and others. In this webinar we will look at some quick and easy strategies to help us cope with some of those feelings and behaviours to help us feel more connected.

[Register](#)

Family Education Series: Boundary Setting

February 8th

1pm-2pm

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. Recognizing the need to set and enforce limits helps to protect your self-esteem, maintain self-respect, and enjoy healthy relationships. Join us to build your toolbox and work towards setting healthy boundaries.

[Register](#)

Building Resilience

February 11th

12pm-1pm

Resilience is our ability to adapt and bounce back when things don't go as planned and life knocks us down. Resilient people don't dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward. Resilience is a process, not a personality trait. We can all learn to strengthen our existing skills and develop a resilient mindset and attitude. Join us for this one hour webinar to look at tips and strategies to build your bounce back factor.

[Register](#)

Family Education Series: Effective Communication

February 22nd

7pm-8pm

Communication is a vital component of our relationships with other people. For family members supporting a loved one, it can be difficult to know what to say, or how to say it. Join us to learn about different strategies for communication, what tends to work well, and what doesn't. These strategies can be applied to everyday conversations, as well as escalating situations when tensions are running high.

[Register](#)

Maintaining Your Own Self-Care

February 28th

11am-2pm

A great deal of emphasis is placed on our physical health - becoming more active, eating a healthy diet, having a proper night's sleep; all of these are important in maintaining our Mental Health as well. Good mental health is not merely the absence of an illness or diagnosis. We will explore that it means to have good Mental Health, and discuss the role that self-care plays in building mental wellness and resilience.

[Register](#)



MAINTAINING GOOD MENTAL HEALTH

A WEBINAR SERIES HIGHLIGHTING TIPS AND STRATEGIES TO SUPPORT THE MENTAL WELLNESS OF YOU, YOUR FAMILY AND YOUR FRIENDS.

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3	4	5/6
7	8 Understanding Mental Health	9	10	11	12/13
14	15	16	17	18 Challenging Negative Thinking	19/20
21	22 Stress Management	23	24	25	26/27
28	29	30	31 Physical Health for Mental Health		

Understanding Mental Health

March 8th
1pm-2pm

Participants will learn general information about common mental health concerns to gain a better understanding of mental health, mental illness, signs and symptoms that someone may be struggling, and how to access support. Participants will gain a deeper understanding of the effects of stigma. Not only will this course encourage support for others, but it will also foster an understanding of a person's own mental health.

[Register](#)

Challenging Negative Thinking

March 18th
12pm-1pm

Getting caught in a cycle of negative thinking can seriously impact our mental well being. In this webinar, we will learn to recognize the different thought traps that we all tend to fall into, as well as strategies we can use to escape them.

[Register](#)

Stress Management

March 22nd
11am-12pm

Stress is a normal response to situational pressures or demands and is part of our everyday lives. How we do or do not respond to those stressors will determine whether we have a relatively healthy life, or potentially become burdened with illness and disease. During this session we will discuss the role stress and stress hormones play in our body, and the impact prolonged stress can have on our overall health and wellness. We will explore the various signs and symptoms (physical, emotional, cognitive and behavioural) of chronic stress, and review a variety of strategies that we can apply to reduce the impact of stress in our lives.

[Register](#)

Physical Health for Mental Health

March 31st
12pm-1pm

Mental health and physical health go hand in hand when it comes to our level of overall wellness. Good mental health is not merely the absence of an illness or diagnosis. In this webinar, we will discuss the positive impact that physical health can have on our mental health. We will explore how being active, eating a well-balanced diet, having a proper night's sleep, regular daily routines and setting goals play an important role in building mental wellness. A healthy physical self contributes greatly to all aspects of one's life.

[Register](#)

MAINTAINING GOOD MENTAL HEALTH

A WEBINAR SERIES HIGHLIGHTING TIPS AND STRATEGIES TO SUPPORT THE MENTAL WELLNESS OF YOU, YOUR FAMILY AND YOUR FRIENDS.

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1	2/3
4	5	6 Building Resilience	7	8	9/10
11 Power of Mindfulness and Gratitude	12 Boundary Setting	13	14	15	16/17
18	19	20	21	22	23/24
25	26	27	28 Maintaining Your Own Self Care	29	30

Building Resilience

April 6th
7pm-8pm

[Register](#)

Resilience is our ability to adapt and bounce back when things don't go as planned and life knocks us down. Resilient people don't dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward. Resilience is a process, not a personality trait. We can all learn to strengthen our existing skills and develop a resilient mindset and attitude. Join us for this one hour webinar to look at tips and strategies to build your bounce back factor.

The Power of Mindfulness and Gratitude

April 11th
12pm-1pm

[Register](#)

Practicing mindfulness and gratitude can transform the brain and help us feel more peaceful and less reactive. At times, we may feel like we aren't in control of our own lives. Mindfulness can calm us in the moment, but also regular practice can help us stay grounded. Gratitude can improve your physical and emotional health, boost sleep, encourage self esteem, and usher in more meaningful relationships. Learn strategies and tools you can start today when you register.

Boundary Setting

April 12th
2pm-3pm

[Register](#)

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. Recognizing the need to set and enforce limits helps to protect your self-esteem, maintain self-respect, and enjoy healthy relationships. Join us to build your toolbox and work towards setting healthy boundaries.

Maintaining Your Own Self-Care

** Special Volunteer Edition**

[Register](#)

April 28th
11am-12pm

A great deal of emphasis is placed on our physical health - becoming more active, eating a healthy diet, having a proper night's sleep; all of these are important in maintaining our Mental Health as well. Good mental health is not merely the absence of an illness or diagnosis. We will explore that it means to have good Mental Health, and discuss the role that self-care plays in building mental wellness and resilience.

LIVING LIFE TO THE FULL

resilience & connection in uncertainty



Who: Anyone over 18 years of age

Where: Virtual

When: February 8th to March 29th
7pm - 8:30pm

Cost: \$40 for the full 8 weeks,
including online workbooks

YOUR MENTAL HEALTH MATTERS

**8 interactive
& educational
sessions**

In eight enjoyable 90-minute sessions — one per week — this program helps people make a difference to their lives. Participants are taught how to deal with their feelings when fed up or worried, and learn skills to help them tackle problems and navigate life transitions and difficulties.

[Register](#)

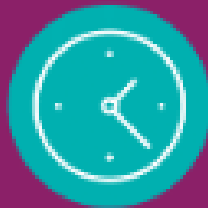


Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



8 weeks



12 hours
total



Group-based



Virtual or
in-person



Cognitive behavioural
therapy (CBT)