

**Canadian Mental Health Association has been providing services for over 100 years. We provide direct services for people that have experienced mental illness, peer support, education and training, advocacy, navigation, Vocational programs and many other programs and services. You can talk to us without any referrals. We are here for everyone.**

## **ONLINE Wellness Development Tuesdays from 12:15-12:45 August Dates**

**August 4<sup>th</sup> – Children and Stress– Danielle Cameron** -We all get stressed at one time or another in our life. We know how to help manage our stress but do we know how to help our children manage their stress? In this half hour course we will show you tips and help guide you on how to help children manage their stress.

**August 11<sup>th</sup> – How to Support someone who has disclosed they are 2SLGBTQ** - Someone close to you has just disclosed they are 2SLGBTQ how do you support them? What can you do to become a supportive, informed ally. These are just a few things we will discuss in this half hour course.

**August 18<sup>th</sup> – 2SLGBTQ and Youth – Cole Ramsey** – In this half hour we will discuss what it means to be a 2SLGBTQ youth and how to help manage bullying at school, the benefits of having the support of family and friends and the effects it has on their mental health.

**August 25<sup>th</sup> – Art of Friendship- Danielle Cameron** – What is the Art of Friendship? How do our values, boundaries, and beliefs affect our friendship's? In our 8 week course we will discuss all of these as well as other tools and tips to help you become a better friend.

**FREE but you must pre-register so we can send you the online link. The registration link will be posted for July. Email me with any topics you may want to discuss.**

**For more information, you can email [hopelc@cmha-sask.ca](mailto:hoppelc@cmha-sask.ca)**

