



Hello! Another new year has arrived and this email comes bearing news of some of the programs and services provided by the Canadian Mental Health Association - Edmonton. Let us support your school or workplace to promote learning and good mental health.



Distress Line Breakfast-January 31, 2018. On Bell Let's Talk Day, help CMHA - Edmonton **raise awareness about the Distress Line**, enabling us to foster a healthier and more resilient community so that those seeking support can get the help they deserve. See our website for more information:
<https://edmonton.cmha.ca/events/distress-line-breakfast>



Mental Health Week-May 7-13, 2018. Events will be taking place across Canada, so **get your school or workplace involved**. Plan a week of events or host a health fair. Please visit: <https://edmonton.cmha.ca/events/mental-health-week>



Adult Community Education is our program of presentations for adult audiences. Topics include Stress Education, Mental Illness Awareness, among others. Book a presentation online:
<https://edmonton.cmha.ca/programs-services/community-presentations>



Advanced Training Workshops - Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid, and others. These **essential training opportunities** run year round. Learn about accredited workshops and register online: <https://edmonton.cmha.ca/programs-services>



Light Up Your Mind school program offers **free presentations on mental health**, mental illness, stigma, and suicide for junior and senior high school students. Book a presentation for your class or group online:
<https://edmonton.cmha.ca/programs-services/education-program>



Headstrong - An opportunity for a group of 5 students and 1 teacher to attend a free one day event. Hear stories from people with lived experience with mental illness, learn how stigma affects us all and be inspired to fight back against stigma in your school. For more information, please visit:
<https://edmonton.cmha.ca/programs-services/headstrong>

For more information on any of these programs, visit
<https://edmonton.cmha.ca/programs-services/>
 or email education@cmha-edmonton.ab.ca