

Mental Health Wellness Part 1

- Instructor:** Lauren Whiteway, Community Program Coordinator/Coordinatrice En Programme Communautaire CMHA of NB/ACSM du N. -B.
- Date/Time:** Wednesdays; Feb 14, 21, 28; 10:00 - noon
- First class:** Wednesdays; Feb 14 (3 Session/s)
- Location:** Shediac Multipurpose Centre
- Participants:** Min: 5; Max: 25

Course Outline:

1. Coping Toolkit: Covers a variety of topics such as the Mental Health Continuum, understanding stress, Cognitive Behavioural Therapy (CBT) and self-awareness. We talk about changing focus, challenging negative thoughts and grounding techniques as well as self-care and relaxation techniques. Also included is connecting with others, exercising, removing unhelpful tools and building resiliency. We also cover managing stress during current events and other available resources.
2. Mental Health and Resiliency What is mental health and what influences our mental health? We look at what is mental illness and discuss factors which increase or influence the risk of developing a mental illness as well as the Mental Health Continuum.
3. Depression in Older Adults and Seniors The presentation examines feeling good as you age and the causes of depression in older adults and seniors. We also look at signs and symptoms of depression in seniors and depression in seniors without sadness. We review medical conditions that can cause depression in seniors and prescription medications that can cause or worsen depression. We also cover is it depression or dementia and is it grief or depression? We also look at ways to help a depressed senior and depression self-help as well as look at the mental health services available in your communities.

Remember to Check Your E-Mail Before Each New Course Begins and During the Course. You will receive an e-mail if:

- a)** the course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course; **b)** during the course if the instructor gives notice that he/she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without e-mail by phone, so please make sure TSC has your correct phone number and e-mail.

Attendance/Absenteeism. TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw from the class, please e-mail the TSC coordinator at tscordinator@gmail.com or call 506-364-2780. Many courses have a wait list and someone else may be able to take your place. Once the class has started advise the instructor directly if you are unable to attend a session.

