

## How Do I sign up for the Art of Friendship?

### Registration

There is no cost to attend the Art of Friendship workshop.

To register call Ada at  
587-343-1793

Or come by our office to explore and discover your possibilities for tomorrow.



### Session Dates

The Day Session starts on  
Friday September 19 at 1:00 p.m. in the  
basement at the Community Village Blg A

The After Work Session starts on  
Monday September 22 at 5:30 p.m. at  
Willowplace 9713-100th Ave

Snacks and Beverages will be provided.

Call to register today!



Canadian Mental  
Health Association  
*Mental health for all*

Association canadienne  
pour la santé mentale  
*La santé mentale pour tous*



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Peer Options Program

9713-100th Ave

Grande Prairie, Alberta, T8V 0T5

Phone: 587-343-1793



## Peer Options Program

People striving to maintain their mental Health are leading more independent and productive lifestyles. For most, reaching this personal goal has often been the result of a strong support network, especially from others who have been through a similar experience.

The Canadian Mental Health Association Northwest Region offers the “Peer Options” program. The “Art of Friendship” must be completed prior to becoming a Peer mentor or volunteer in the “Peer Options” program.

This program encourages independent and productive living. Many program participants' move through the program to become highly trained peer mentors who offer great support and inspiration.



## History of Program

The Peer options program is a signature CMHA program. It was developed by the CMHA Calgary Region. It has been offered there for the past eleven years with the generous support of Alberta Health Services.

The creators, Debbie Wiebe and Joan Landsiedel, were generous in their time to train our Grande Prairie staff so we too could offer this wonderful program to our community.



### The Peer Options Program

Offers a safe, supportive hands-on environment in which individuals can:

- Develop relationship skills
- Acquire problem solving techniques
- Build healthy friendships
- Learn responsible wellness management
- Enhance and enrich your independence.
- Reduce isolation

## Art of Friendship

The “Art of Friendship” workshop provides an interactive, psychoeducational learning environment aimed at building self-awareness and refining interpersonal relationship skills.

Skill level increases along with comfort level as we work toward the goals of increased independence, community involvement, and enhanced wellness.

This group meets for two hours, once a week for nine weeks. Topics covered include:

- Understanding Human Behavior and Basic Needs Theory
- Responsibility and Commitment
- Values
- Boundaries and Trust
- Self Disclosure
- Communication and Resolving Conflict
- Intimacy and Group Closure
- Transition with Peer Mentors