



Canadian Mental  
Health Association  
Yukon  
*Mental health for all*

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

# CMHA-YT: Programs & Resources

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Jade Halcyon – Program Coordinator and Facilitator

Hailey Birnie – Generalist Counsellor, CCC, MACP

Nov. 3rd, 2023

# Resources



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## Reach Out Support Line

- A 24-hour peer support phone line with trained staff and volunteers
- ‘There’s no problem too big or too small’
- Anonymous & Confidential
- 1-844-533-3030

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## Drop-In Counselling

- FREE
- Single Session Counselling
- Apts. Available within a week of booking
- Sessions can be in-person, virtual, or over the phone
- There is no limit to the number of sessions; can be used while waiting for longer-term counselling
- To book, call: 668-6429

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## Counselling

- FREE
- Up to 8 sessions with the same counsellor
- Different modalities: family counselling, art therapy, EMDR, couples counselling, attachment-informed, and youth counselling.
- There is currently a waitlist.
- For registration call: 668-6429

# Programs



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## Family-Focused

- Creating Connections
- Handle with Care

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## Support Groups

- Friends and Family Support Group (16+)
- Peer Support Group (16+)

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## Youth-Oriented

- Youth Outdoor Wellness Events (YOWE)
- Living Life to the Full for Youth

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## Anxiety

- Overcoming Anxiety
- OA Youth – School-Based Pilot Project

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## Depression

- Living Life to the Full for Adults
- Bounce Back

# Family-Focused



## Creating Connections

- For Parents of Teenagers
- Skill building
- Attachment-Informed
- Four-week group (once/week)
- Jan/Feb 2024
- In-person (Whitehorse)
- Could potentially run online if there's enough interest.

# Family-Focused

## Friends & Family Support Group

- For those (16+) whose loved ones live with mental illness
- On-going, every other Tuesday from 5:30 – 7:00 p.m.
- Simple supper generously donated by Baked Café
- In-person: 415 Baxter Street
- Hybrid/Online meeting once a month with guest speakers
- Next meetings: Nov. 7<sup>th</sup> (in person), Nov. 21 (hybrid)
- Upcoming topics:
  - Nov. 21<sup>st</sup> : De-escalation Strategies
  - Dec. 19<sup>th</sup>: Healthy Coping Strategies
  - Jan 7<sup>th</sup>: Brain-Based Illnesses with POP-EPI

# Youth-Oriented



## Youth Outdoor Wellness Event (YOWE)

- Wellness events designed for different age groups
- Multi-day events (i.e. March Break Camp)
- Single-day events (i.e. Youth Wellness Fair)



## Up next: MARCH BREAK CAMP

- Ages: 14-16
- Youth Support (paid positions): 17 -19
- Cost: \$100 (approx) - subsidies available
- 3 days: March 13-15th, 2024
- In-person (Whitehorse and area)
- Games, skiing at Mt. Sima, glass blowing at Lumel, Ice climbing at Equinox Ice Towers, Eco-Art

# Youth-Oriented

## Living Life to the Full for Youth

- CBT-based program developed for youth 13 – 18
- For all youth managing mild to moderate depression
- 8-week program – 90 min sessions once a week
- Online or in-person (Whitehorse)
- Available as of January
- Scheduled by request for groups.
- Min. participation 8 youth





# Questions?

# Comments?

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To pre-register for programs:

Contact:

Jade Halcyon

[programs@yukon.cmha.ca](mailto:programs@yukon.cmha.ca)

867-332-3161

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To pre-register for counselling:

Contact:

CMHA-YT

[admin@yukon.cmha.ca](mailto:admin@yukon.cmha.ca)

867-688-6249



**Thank You**  
**Merci**  
**Shăw níthăn**