



Ontario Shores
Centre for Mental Health Sciences

RECOVERY COLLEGE

— COURSE GUIDE —

Fall **2026**

Contact:
905-430-4055 x 6990
RecoveryCollege@ontarioshores.ca

Visit our website  ontarioshores.ca



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The River Theory...

A river never flows in a straight line.

It twists.

It bends.

It crashes into rocks.

It carves through mountains.

But no matter how many obstacles it faces,
it never stops moving forward.

Your path will be the same.
Detours, setbacks, heartbreaks,
they're not signs to quit.

They're part of the journey carving you into
who you're meant to be.

You're not lost, you're just flowing around the obstacles.

And if you keep moving, you'll reach a place
more beautiful than you ever imagined.

What is Recovery?

Recovery is a personal journey of self-discovery and regaining control of your path to wellness. This journey can involve learning from challenges and developing self-awareness about your strengths and passions in order to develop meaningful goals related to a purposeful life.

Because recovery is different for everyone, it can be helpful to learn about various elements of recovery including health and wellness, leisure and interests, and several skills that can help you to manage difficulties.

The purpose of the Recovery College is to provide you with courses that you can take to learn about mental health, treatment options as well as leisure and fun. Our goal is to support you in your journey of discovery and to provide you with opportunities to learn more about yourself.

The Recovery College at Ontario Shores

The Recovery College at Ontario Shores opened in the fall of 2016. Each semester, inpatients and outpatients at Ontario Shores may register for courses in the college in order to access learning that complements the treatment they are already receiving. Once registered, students choose as many courses as they wish in order to learn about different things that may enhance their personal recovery.

Post-Secondary Recovery College

Recovery College in Post-Secondary Institutions is a new and innovative application to Recovery College delivery. Recovery Colleges have been implemented at the following post-secondary institutions: McMaster University, Ontario Tech University, University of Toronto Scarborough Campus, George Brown College, Durham College, Toronto Metropolitan University, and Western University. The student voice is at the center of this work. First, a mental health needs assessment is conducted to gain an understanding of the mental health needs of students, and this is used to inform recovery college courses. After the need's assessment, co-production and course creation is conducted by recruiting students to co-produce courses, and to identify course objectives. Topics, associated content, and logistics are then all co-created. The courses are facilitated by peers, with lived experience, from each school and are supported by a peer support specialist from Ontario Shores. Some common themes of courses offered are skill development, self-discovery, navigating services and resources, healthy lifestyle, and burnout and balance.

If you are interested in learning more about our Post-Secondary Recovery College please contact one of our Post-Secondary Peer Support Specialists:

Brooklyn Bastarache, (905) 430-4055 x 6979 or bastaracheb@ontarioshores.ca

Hailey Cornacchia, (905) 430-4055 x 6868 or cornacchiah@ontarioshores.ca





Recovery High School



Recovery High School is designed to support young people aged 12-18 who experience mental health challenges. These are unique mental health and well-being workshops, where people with lived experiences (i.e., experts by experience), mental health professionals, and peers come together to co-create workshop series on topics that support mental health (e.g., skill building, recreational, vocational, etc.). These workshops provide education about mental health, wellness, and ultimately discovering or rediscovering passions, hope, identity and meaning.

There are 4 streams of service within Recovery High School – our adolescent inpatient program, Grove School in collaboration with DDSB, a virtual offering for youth to access (they do not need to be associated with Ontario Shores or have a diagnosis), and a caregiver offering (adults supporting a youth with mental health challenges).



If you are interested in learning more about our Recovery High School please contact:

Robyn Smith, Peer Support Specialist
(905) 430-4055 x 6988 or smithr@ontarioshores.ca

Samiha Bari, Implementation and Evaluation
Coordinator (905) 430-4055 x 6477 or
baris@ontarioshores.ca



TOGETHER
★ in ★
RECOVERY

Recovery College Mission, Vision, Values

Mission

To support individuals in their personal journey of recovery.

Vision

The Recovery College will transform the lives of individuals with mental health challenges by fostering recovery, connection, hope and inspiration through learning, self-discovery and skill development.

Values

- Recovery principles are visible in all aspects of the College
- A barrier-free approach highlighting the importance of lived experience and peer support, thus minimizing the distinction between “patients” and “staff” that perpetuate stigma and exclusion
- Capacity building in individuals with an emphasis on enabling participants to become experts in their own self-care and develop the skills they need for meaningful goal attainment, living and working
- Co-production between the mental health professional and the individual with lived experience
- Peer support, group learning and mutual collaboration in design and delivery of courses
- Choice, autonomy and self-determination
- Outreach and involvement in the local community



Back row, left to right: Marsha, Keith, Robyn, Leah, Allison, Tanya, Heather, Greg.
Front row, left to right: Sue, Brook, Chandra, Stacie, Hailey

Courses within the Recovery College

There is no cost to attend the Recovery College at Ontario Shores. Courses are either co-designed and/or co-facilitated by facilitators with professional and/or lived experience with mental illness. Courses cover a wide variety of topics and range in length from one-day workshops to courses that are offered weekly for several weeks. Course types include:

1. Learning and understanding
2. Leisure, health and wellness
3. Vocational courses
4. Skills development
5. Self-discovery and identifying strengths

Peer Tutors

The peer tutors are there to help offer information and support. They co-create and co-facilitate Recovery College courses drawing on their own lived experience. They offer a unique insight and compassion as they help guide you in your recovery journey.

Meet Our Peer Tutors

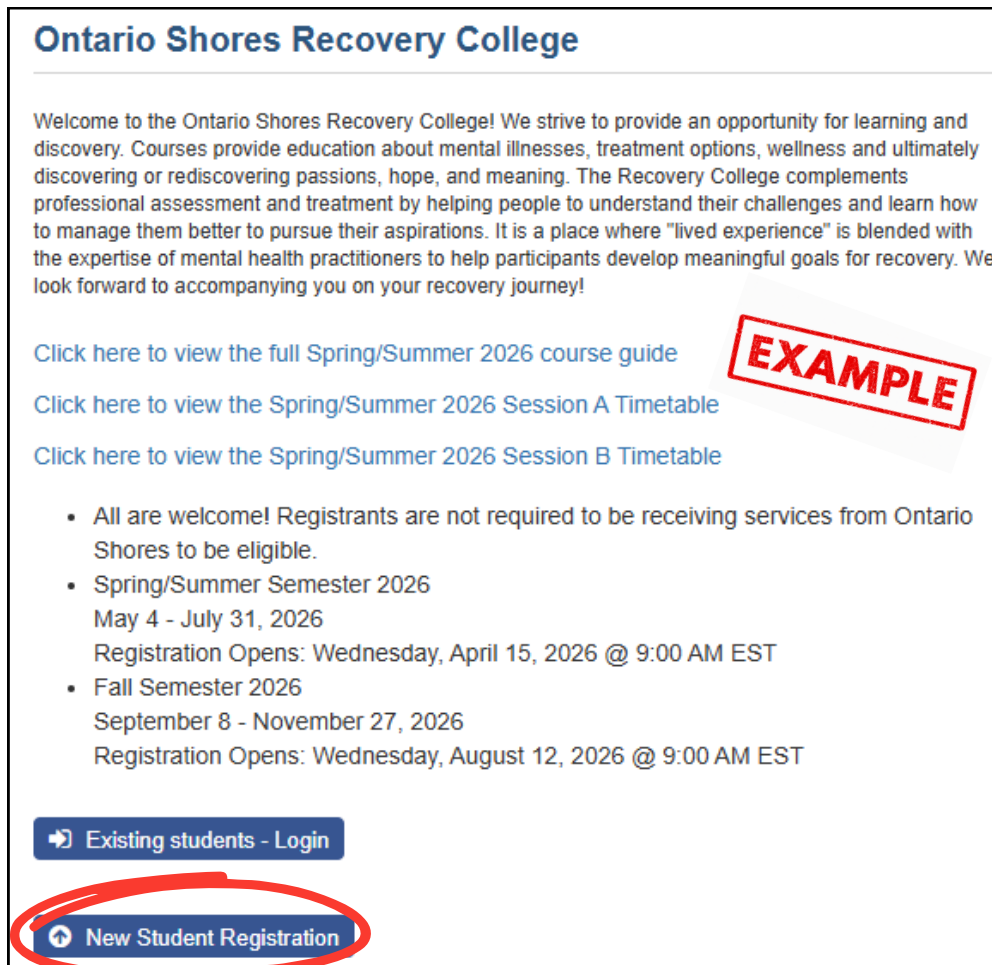


Registration Process

All of our courses require registration. If you are interested in becoming a student in the Recovery College, please refer to the following:

New Student Registration

1. Visit <https://recoverycollege.ontarioshores.ca/welcome>
2. Click on the New Student Registration button



3. Enter your first and last name, email address and set a password. Then select **"Sign Up"**
4. Go to your email inbox and locate the email from medsis@knowledge4you.com to activate your account
5. Once your account has been activated, select **"Enter MedSIS"** and enter your credentials
6. You are now logged in to MedSIS 3C, the management system for Recovery College. Fill out the **Registration Requirements** section by completing:
Registration Form → Membership Agreement → Individualized Learning Plan → Course Selection Form (you can choose up to 6 courses)

Returning Student Registration

1. Visit <https://recoverycollege.ontarioshores.ca> to register
2. Login to your Recovery College account using your credentials (If you have forgotten your password, select “Forgot your password?” and follow the instructions that will be emailed in order to reset):

MedSIS 3C Campus Edition | RECOVERY COLLEGE ONTARIO SHORES

Home
Login
Privacy
Contact Us

Login

Protect your privacy! Prevent unauthorized use! Completely exit your web browser when you are finished.

Login

Login:

Password:

Forgot your password?

Please type your identification information to enter MedSIS 3C. By logging in, you agree to maintain confidentiality and not to copy, distribute, or otherwise disseminate any information contained within the system except as authorized.

Login

The recommended browser for MedSIS 3C is Google Chrome version 72 above. Other browsers such as Safari, Mozilla Firefox, Microsoft Edge, and Internet Explorer 11 are compatible.

3. Once you are logged in, you will see the Registration Requirements screen. Click on details:

Registration Requirements

Winter 2026

Registration Form Outstanding

Membership Agreement Signature Required

details...

Alerts

- **Membership Agreement Signature Required...** for Winter 2026, Student: Smith, Joe
Membership Agreement Signature Required
If you have any questions or issues please contact 905-430-4055 x 6990 or recoverycollege@ontarioshores.ca
- **Registration Form...** for Winter 2026, Student: Smith, Joe
Please complete the registration form
details...

4. Fill out the **Registration Requirements** section by completing: **Registration Form → Membership Agreement → Individualized Learning Plan → Course Selection Form** (you can choose up to 6 courses)

Frequently Asked Questions

FAQ

What is Recovery College?

Recovery College complements professional assessment and treatment by providing education on mental illness, treatment options, and wellness. Through a blend of lived experience and mental health expertise, participants gain the knowledge and skills to better understand and manage challenges, discover or rediscover passion, hope, and meaning, develop meaningful recovery goals, and pursue their aspirations with hope, empowerment, possibility, and connection.

Is there a cost to access the Recovery College?

There is no cost.
Participation is free.

Who can access the Recovery College?

The Ontario Shores Recovery College provides virtual and in-person learning opportunities for anyone aged 18+ (excluding high school and post-secondary Recovery College programs). Participants do not need to be receiving services from Ontario Shores to register. Courses are open to inpatients, outpatients, family members/caregivers, staff, and community members.

How do I register for courses or assist a patient interested in the Recovery College?

Please visit our webpage to learn more and find out how to register:

<https://www.ontarioshores.ca/resources-support/ontario-shores-recovery-college>



How long are courses within the Recovery College?

Course lengths can vary. They can range from a one-day workshop, and up to 6 and 12-week long courses.

When are courses offered?

Courses are offered in three separate semesters: Winter, Spring/Summer and Fall.



How can I get involved as a peer tutor?

Completion of our Course Facilitation Skills Training (CFST) is required in order to be eligible to co-facilitate within the Recovery College. This course is offered each semester through the college itself and includes information on personal recovery, adult learning principles, lesson planning, group skills, classroom management, learning styles, presentation and public speaking skills.

Where do Recovery College courses take place?

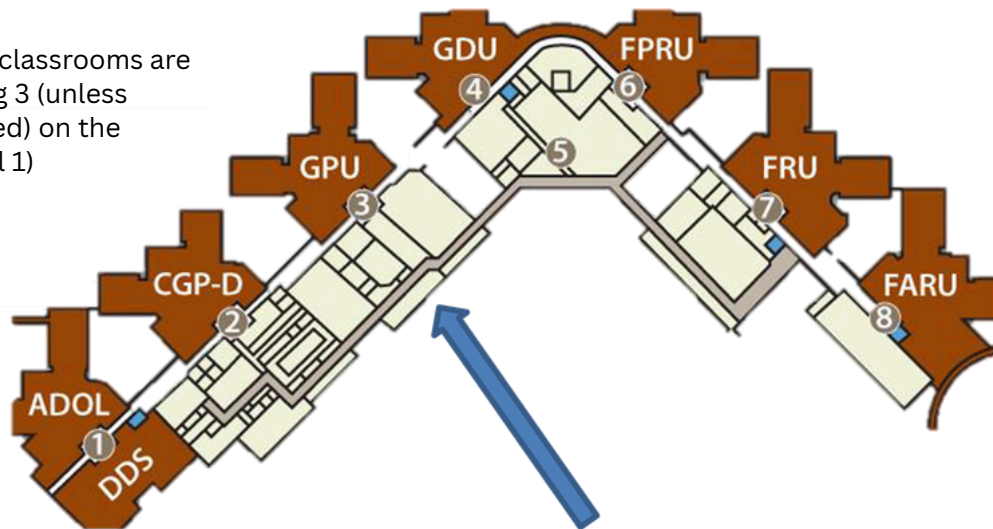
-  **In-person:** at Ontario Shores, 700 Gordon St., Whitby
-  **Virtual:** remotely online via personal computer, tablet, smartphone, etc.
-  **Community:** in-person at select locations thruout the Durham Region
-  **Transitional Discharge:** at Ontario Shores for in-patients transitioning to the community
-  **Workshop:** one-day courses at Ontario Shores, 700 Gordon St., Whitby

How many courses can I take per semester?

You may register for a maximum of 6 courses per semester during initial registration (A and B session combined). After registering, you can contact us to request to be waitlisted for up to 4 additional courses (10 courses total) subject to availability.

Directions For In-Person Programming at Ontario Shores

Recovery College classrooms are located in Building 3 (unless otherwise indicated) on the ground level (level 1)



Step 1. Once at Ontario Shores, enter through building 1 (blue entrance) or building 2 (yellow entrance). The entrance through Building 1 is on the ground floor and Building 2 is on the top floor. If entering through Building 2 you will have to take the stairs or elevator down to the ground floor. Once on the ground floor, take the main hallway to Building 3. You will see signs on the ceiling indicating what building you are in.



Step 2. Look for these signs once inside Building 3 (across from GPU) and enter this hallway.



Step 3. Go through the gray double doors on the left. Follow the hallway to the end, then turn right to reach the group rooms. Signs on the doors will indicate where to go.



Course Calendar Session A: September 8 – October 16

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 10:15 am	Virtual – Mindfulness Meditation – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Sue & Heather	Virtual – Managing Anger – A Sept 8 - Oct 13 6 classes Sue & Heather	Virtual – Exploring Radical Acceptance – A Sept 9 - Oct 14 6 classes Heather & Sue	Virtual – Understanding Neurodiversity – A Sept 10 - Oct 15 6 classes Heather & Stacie	Virtual – Detaching with Love – A Sept 11 - Oct 16 6 classes Heather & Sue
			In-Person – Wellness Walk – A Sept 9 - Oct 14 6 classes Nicole & Leah		Virtual – Surviving a Personal Crisis – A Sept 11 - Oct 16 6 classes Keith & Claire
10:30 am – 11:45 am	In-Person – The Mirror & The Plate: Exploring Our Relationship with Body Image and Food – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Keith & Stacie	In-Person – Who Am I? – A Sept 8 - Oct 13 6 classes Keith & Chandra	In-Person – Attitude of Gratitude – A Sept 9 - Oct 14 6 classes Robin & Chandra	In-Person – Overcoming Challenges – A Sept 10 - Oct 15 6 classes Keith & Chandra	In-Person – Identifying Unhealthy Relationships – A Sept 11 - Oct 16 6 classes Heather & Chandra
	Virtual – Poems Inspired by Famous Poets – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Julie & Krishna		Virtual – My Stories, My Voice – A Sept 9 - Oct 14 6 classes Sue & Lori	In-Person – Pickleball – A Sept 10 - Oct 15 6 classes Sue & Julie	
	In-Person – CPR – A Oct 19 9:00am - 3:00pm 1 class Jenine & Leah	In-Person – Your Personal Recovery Journey – A Sept 8 - Oct 13 6 classes Nicole & Leah	In-Person – Pathways to Work: Exploring Your Next Steps Toward Employment – A Sept 16 1 class Falguni 10:30am - 12:30pm	Virtual – Your Personal Recovery Journey – A Sept 10 - Oct 15 6 classes Nicole & Leah	
1:00 pm – 2:15 pm	Virtual – Emotional Intelligence – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Keith & Chandra	Virtual – Self-Care 101 – A Sept 8 - Oct 13 6 classes Keith & DMHS	Virtual – Self-Esteem – A Sept 9 - Oct 14 6 classes Keith & Stacie	Virtual – Course Facilitation Skills Training – A Sept 10 - Oct 15 6 classes Chandra & Stacie	Virtual – Pursuing Dream and Aspirations – A Sept 11 - Oct 16 6 classes Sue & Chandra
		Virtual – Speaks to Readiness – A Sept 8 - Oct 13 6 Classes Heather & Chandra	In-Person – Just Craftin’ Around: The Holiday Edition – A Sept 9 - Oct 14 6 classes Julie & Hailey	Virtual – Co-Dependency – A Sept 10 - Oct 15 6 classes Heather & Bri	Virtual – Find Your Zen for the Weekend Yoga – A & B Sept 11 - Dec 4 (No class Oct 23) 12 classes Julie
	In-Person – Art Journaling – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Julie & Marsha		In-Person – Building Self Worth – A Sept 9 - Oct 14 6 classes Heather & Michael	In-Person – Stitch and B*tch – A (Multifaith Room) Sept 10 - Oct 15 6 classes Leah, Denise & Nicole	
	Virtual – Thriving Together: Community Wellness Peer Support Group – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Nicole & Leah	In-Person – The Dynamics of Discharge – A Sept 8 - Oct 13 6 classes Nicole & Leah	In-Person – Thriving Together: Community Wellness Peer Support Group – A Sept 9 - Oct 14 6 classes Nicole & Leah	In-Person – WRAP – A & B Sept 10 - Nov 5 (No class Oct 22) 8 Classes *1:00 pm – 2:30 pm* Keith & Tanya	

Course Calendar Session A: September 8 – October 16

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm -2:15 pm			In-Person – Communication and Conflict – A @ the Bowmanville Library Sept 9 - Oct 14 (No class Sept 30) 5 classes Sue & Chandra	In-Person – Hiking Group – A Sept 10 - Oct 15 6 classes Sue & Robin	
3:00 pm -4:15 pm		In-Person – Circle of Learning: Indigenous Teachings Reflection & Community – A Sept 8 - Oct 13 6 classes Leah & Levi	In-Person – Off the Wall Miniatures Painting with Deb – A & B Sept 9 - Dec 2 (No class Oct 21 & Nov 11) 11 classes Debbie, Nicole & Leah	In-Person – Singing 101 (Community Choir) – A Sept 10 - Oct 15 6 classes Kaitlyn, Clark & Leah	
		In-Person – Coping with Anxiety and Panic – A Sept 8 - Oct 13 6 classes Keith & Stacie			
	Virtual – Building Better Boundaries – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Keith & Heather	Virtual – Progressive Fitness – A & B Sept 8 - Dec 1 (No class Oct 20) 12 classes Julie		Virtual – Discovering Watercolours – A Sept 10 - Oct 15 6 classes Julie & Ashley	Virtual – Beyond the Brush Acrylic Painting – A Sept 11 - Oct 16 6 classes Julie
5:15 pm –6:30 pm		Virtual – Chew on This! – A Sept 8 - Oct 13 6 class Julie & Jessica	Virtual – A Zest for Zentangle – A Sept 9 - Oct 14 6 classes Julie		
			Virtual – Caring for Older Adults: Managing the Emotions of Caring – A Sept 16 1 class Loretta & Steph		
5:30pm –7:00pm	Virtual – Caregiving the Caregivers of Adolescents – A Sept 14 - Oct 5 (No class Oct 12) 4 classes Sue & Stacie				

■ In-person at Ontario Shores
 ■ Virtual
 ■ On location in the community
 ■ Transitional discharge
 ■ Workshop

Course Calendar Session B: October 26 – December 4

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am – 10:15 am	Virtual – Write Your Way Forward – B Oct 26 - Nov 30 6 classes Sue & Heather	Virtual – Understanding Core Beliefs – B Oct 27 - Dec 1 6 classes Sue & Heather	Virtual – Building Resiliency – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Sue & Heather	Virtual – Learning about Schizoaffective Disorder – B Oct 29 - Dec 3 6 classes Heather & Tanya	Virtual – Exploring Unhealthy Thought Patterns – B Oct 30 - Dec 4 6 classes Sue & Heather
			In-Person – Wellness Walk – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Nicole & Leah		Virtual – Compassionate Recovery – B Oct 30 - Dec 4 6 classes Keith & Claire
10:30 am – 11:45 am	In-Person – LOL: The Art of Laughing – B Oct 26 - Nov 30 6 classes Chandra & Leah	In-Person – Coping with Depression – B Oct 27 - Dec 1 6 classes Chandra & Keith	In-Person – Maintaining Momentum – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Keith & Chandra	In-Person – Pickleball – B Oct 29 - Dec 3 6 classes Julie & Sue	In-Person – Building Better Boundaries – B Oct 30 - Dec 4 6 classes Chandra & Heather
	Virtual – Self-Care 101 – B Oct 26 - Nov 30 6 classes Keith & Stacie	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image and Food – B Oct 27 - Dec 1 6 classes Keith & Stacie	Virtual – My Stories, My Voice – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Sue & Lori	In-Person – Course Facilitation Skills Training – B Oct 29 - Dec 3 6 classes Chandra & Stacie	
	Virtual – Poems Inspired by Famous Poets – B Oct 26 - Nov 30 6 classes Julie & Krishna	In-Person – Your Personal Recovery Journey – B Oct 27 - Dec 1 6 classes Nicole & Leah	In-Person – Pathways to Work: Exploring Your Next Steps Toward Employment – B Nov 18 1 class Falguni 10:30am - 12:30pm	Virtual – Your Personal Recovery Journey – B Oct 29 - Dec 3 6 classes Nicole & Leah	
1:00 pm – 2:15 pm		Virtual – Building Better Communication and Relationships – B Oct 27 - Dec 1 6 classes Keith & DMHS	Virtual – Communication and Conflict – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Keith & Heather	Virtual – Learning about Borderline Personality Disorder – B Oct 29 - Dec 3 6 classes Heather & Bri	Virtual – Exploring Non-Attachment – B Oct 30 - Dec 4 6 classes Sue & Keith
	In-Person – Art Journaling – B Oct 26 - Nov 30 6 classes Julie & Marsha	In-Person – Self-Esteem Boost for Women: Pathway to Wellness & Self-Care – B Oct 27 - Dec 1 6 classes Chandra & Colleen	In-Person – Just Craftin’ Around: The Holiday Edition – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Julie & Chandra	In-Person – Advocacy – B Oct 29 - Dec 3 6 classes Chandra & Stacie	Virtual – Find Your Zen for the Weekend Yoga – A & B Sept 11 - Dec 4 (No class Oct 23) 12 classes Julie
		Virtual – Safe & Sound: Medication Education with Pharmacy – B Oct 27 - Dec 1 6 classes Heather & Pharmacy	In-Person – Becoming You: The Art of Reinvention – B @ the Ajax Library Oct 28 - Dec 2 (No class Nov 11) 5 classes Sue & Stacie	In-Person – Stitch and B*tch – B (Multifaith Room) Oct 29 - Dec 3 6 classes Leah, Denise & Nicole	

■ In-person at Ontario Shores
 ■ Virtual
 ■ On location in the community
 ■ Transitional discharge
 ■ Workshop

Course Calendar Session B: October 26 – December 4

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm - 2:15 pm				In-Person – WRAP – A & B Sept 10 - Nov 5 (No class Oct 22) 8 Classes *1:00 pm – 2:30 pm* Keith & Tanya	
	Virtual – Thriving Together: Community Wellness Peer Support Group – B Oct 26 - Nov 30 6 classes Nicole & Leah	In-Person – The Dynamics of Discharge – B Oct 27 - Dec 1 6 classes Nicole & Leah	In-Person – Thriving Together: Community Wellness Peer Support Group – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Nicole & Leah	In-Person – Hiking Group – B Oct 29 - Dec 3 6 classes Sue & Robin	
3:00 pm – 4:15 pm		Virtual – Progressive Fitness – A & B Sept 8 - Dec 1 (No class Oct 20) 12 classes Julie		Virtual – Discovering Watercolours – B Oct 29 - Dec 3 6 classes Julie & Ashely	Virtual – Beyond the Brush Acrylic Painting – B Oct 30 - Dec 4 6 classes Julie
	In-Person – Self-Care 101 – B Oct 26 - Nov 30 6 classes Chandra & Heather		In-Person – Off the Wall Miniatures Painting with Deb – A & B Sep 9 - Dec 2 (No class Oct 21 & Nov 11) 11 classes Deb, Nicole & Leah	In-Person – Singing 101 (Community Choir) – B Oct 29 - Dec 3 6 classes Kaitlyn, Clark & Leah	
5:15 pm – 6:30 pm		Virtual – Chew on This! – B Oct 27 - Dec 1 6 classes Julie & Jessica	Virtual – A Zest for Zentangle – B Oct 28 - Dec 2 (No class Nov 11) 5 classes Julie		
			Virtual – Caregiving for Older Adults: Sustaining Strength and Well-Being – B Nov 4 1 class Steph & Ron		
5:30pm – 7:00 pm	Virtual – Better Together: Suicide Loss Peer Support Program – B Oct 26 - Nov 30 6 classes Sue & Stacie				

In-person at Ontario Shores
 Virtual
 On location in the community
 Transitional discharge
 Workshop

Recovery College Fall 2026 Semester

September 8 – December 4, 2026

Session A: September 8 – October 16 | **Session B:** October 26 – December 4

No class: Mon, Sept. 7 (Labour Day 🇨🇦), Mon, Oct. 12 (Thanksgiving 🍂), & Wed, Nov. 11 (Remembrance Day 🇺🇸)

Advocacy

Thursdays

October 29 – December 3

(Session B: 6 classes)

1:00 pm – 2:15 pm

👥 In Person

What will we do?

Do you want your voice to be heard on issues that are most important to you? Are you looking to defend and safeguard your rights? Do you want your views and wishes to be considered when decisions are being made about your life? Advocacy is important because you are important!

Despite society's progress in the way it supports people with challenges, there is still a lot of unfairness, exclusion and general misunderstanding within the community. If you are passionate about standing up for your beliefs or are looking to find your voice, then this is the group for you.

What will we learn?

- Learn to express your views and concerns effectively
- Build skills to access information, services, and supports
- Explore choices and how to make informed decisions
- Recognize the importance of self-care and to challenge stigmatizing language
- Practice self-advocacy within the health care setting, the workplace and the community

Facilitators: Chandra & Stacie

Art Journaling

Mondays

September 14 – October 5

(Session A: 4 classes)

1:00 pm – 2:15 pm

👥 In Person

or

Mondays

October 26 – November 30

(Session B: 6 classes)

1:00 pm – 2:15 pm

👥 In Person

What will we do?

Art Journaling is a creative process that adds various art styles to your journaling practice. Weekly themes will be provided with the option to “go rogue” if you don’t find one to your liking! The focus is on positive, self-reflective concepts that are presented in a judgement-free manner. Participants are encouraged to share their art journal however this is not mandatory.

What will we learn?

- Increasing art journaling styles and techniques
- Incorporating self-reflection and creative problem solving while creating journal pages
- Developing a regular journaling practice

Facilitators: Julie & Marsha

Attitude of Gratitude

Wednesdays

September 9 – October 14

(Session A: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

There are so many things to be grateful for and appreciate in life, but we are often so busy we overlook these little joys and all the good things surrounding us.

This course focuses on maintaining a positive outlook despite the busyness of life and the challenges life throws at us. It is about appreciating and being grateful for all the good things in life no matter how big or small they are. By focusing on having a positive mindset and living in the present moment we can learn to appreciate the positives in life even if we are faced with difficulties and challenges.

What will we learn?

- How to practice gratitude daily
- How to have a positive mindset
- About mindfulness and living in the present moment
- Use fun interactive activities to help us practice gratitude
- Hands-on learning strategies to practice gratitude

Facilitators: Chandra & Robin

Becoming You: The Art of Reinvention

Wednesdays

October 28 – December 2

(Session B: 5 classes)

1:00 pm – 2:15 pm

Note: No class November 11

 Community

This course takes place at:

Ajax Public Library
Main Branch
55 Harwood Ave S
Ajax

What will we do?

Every new chapter in our lives begins with the decision to grow. This course is for anyone feeling trapped, lost or seeking personal reinvention. Through reflective exercises, we'll learn to release beliefs that no longer serve us, recognize patterns that keep us stuck, and clarify who we're becoming. We'll learn to embrace the uncertainty in our lives and create the groundwork for a life that feels meaningful, aligned and intentional.

What will we learn?

- How to navigate the three phases of transformation – dissolution, transition, and emergence – with courage
- How to identify our values and passions
- Tools and techniques to help rewire negative thought patterns
- How to reshape our sense of self
- Self-compassion and how to make the most of our liminal space (the in-between and unknown)

Facilitators: Sue & Stacie

Better Together: Suicide Loss Peer Support Program

Mondays

October 26 – November 30

(Session B: 6 classes)

5:30 pm – 7:00 pm

 Virtual

Note: This is a peer-led group. It's important to be aware of your own grieving process and readiness to participate in a group setting. Please seek clinical support if needed.

What will we do?

This is a supportive, safe space for – and co-created by – adults who have lost someone to suicide. Through guided, peer-led conversation, we will explore the complex emotions and social impact of suicide loss while fostering hope, connection and shared strength.

What will we learn?

- Understanding and managing the emotional, physical and cognitive symptoms of grief
- Managing relationships and relating to others who don't understand your grieving process
- Creating a self-care plan for triggers and difficult days
- Self-advocacy and setting boundaries
- Navigating holidays and finding meaningful ways to preserve memories
- Rebuilding identity after loss

Facilitators: Sue & Stacie

Beyond the Brush Acrylic Painting

Fridays

September 11 – October 16

(Session A: 6 classes)

3:00 pm – 4:15 pm

 Virtual

or

Fridays

October 30 – December 4

(Session B: 6 classes)

3:00 pm – 4:15 pm

 Virtual

What will we do?

In this guided acrylic painting session, an inspiration picture will be used to create your own version of the image. You do not need to be an experienced painter as we learn together, to create one-of-a-kind paintings in a judgement-free environment. A suggested supply list will be sent out prior to the start of the session.

What will we learn?

- Using a variety of painting and colour techniques to create art
- Building creativity and self-esteem while expressing yourself through art
- Joining others in a judgement free, supportive and fun environment

Facilitator: Julie

Building Better Boundaries

Mondays

September 14 – October 5

(Session A: 4 classes)

3:00 pm – 4:15 pm

Note: No class October 12

 Virtual

or

Fridays

October 30 – December 4

(Session B: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

Do you know how to recognize when your personal boundaries have been crossed? Do you find it difficult to say "no" or to put your own needs first? Would you like to feel more confident setting healthy boundaries and communicating them with clarity and respect? In this course, you'll learn practical strategies for identifying your personal limits, expressing your needs assertively, and maintaining boundaries in a variety of relationships. You'll gain the skills and confidence to protect your well-being while fostering healthier, more balanced connections with others.

What will we learn?

- Discover what a boundary is and how you can establish ones that work for you
- Learn how your boundaries can both protect and promote yourself
- Understand how to use boundaries to help you achieve your goals and dreams
- Recognize how respectful boundaries can bring value to your mental, emotional and physical health
- How to deal with narcissists and gaslighters

Facilitators: Keith & Heather (A), Chandra & Heather (B)

Building Better Communication and Relationships

Tuesdays

October 27 – December 1

(Session B: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

In this group, we discuss building a healthier you, making new connections to form new relationships. We look at promoting healthy boundaries, as well as recognizing the way we react and interact with others can change our relationships. We also talk about self-worth and how this is important for fostering healthy relationships with others.

What will we learn?

- Build a healthier and more positive sense of self
- Learn to set and maintain healthy boundaries
- Understand how reactions and communication affect relationships
- Develop effective interpersonal and communication skills
- Increase self-awareness and strengthen healthy relationships with others

Facilitators: Keith & Durham Mental Health Services

Building Resiliency

Wednesdays

October 28 – December 2

(Session B: 5 classes)

9:00 am – 10:15 am

Note: No class November 11

 Virtual

What will we do?

Resilience is when we are able bounce back from difficulties. Throughout this group, we will engage in discussions related to managing and coping with life's stressors and highlight our strengths to better equip us to cope and adapt to challenging situations.

What will we learn?

- What personal resilience is
- Identify and apply resilience skills to current and future stressors
- Recognize personal strengths and healthy coping strategies
- Build confidence in adapting to change and overcoming setbacks
- Develop practical tools to manage stress and maintain well-being

Facilitators: Sue & Heather

Building Self Worth

Wednesdays

September 9 – October 14

(Session A: 6 classes)

1:00 pm – 2:15 pm

 In Person

What will we do?

We will uplift one another, celebrate our strengths, and learn practical strategies to cultivate a positive self-image.

Together, we'll embark on a path toward greater self discovery and empowerment. We'll share experiences, engage in meaningful discussions, and participate in activities designed to foster self-acceptance and resilience.

What will we learn?

- We will learn how to empower our self-worth
- Learn how to enhance our sense of self-worth
- We believe that everyone deserves to recognize their inherent value and embrace their unique qualities
- You will learn how to build confidence and overcome negative self-talk

Facilitators: Michael & Heather

Caregiving for Older Adults: Sustaining Strength and Well-Being

Wednesday, November 4

(Session B: 1 class)

5:15 pm – 6:30 pm

 Virtual

What will we do?

Building resilience is about more than coping with stress; it's developing the ability to adapt, recover, and grow throughout the caregiving journey. This workshop helps caregivers of older adults strengthen resilience and sustain well-being with practical strategies for managing stress and maintaining health. Participants will explore self-care, boundaries, flexibility, meaning making, and support networks, and create a personalized resilience plan to navigate challenges with confidence.

What will we learn?

- How to define resilience in a realistic, sustainable way for caregiving life
- Identify personal strengths and values that support their caregiving role
- Apply practical strategies for self-care and setting healthy boundaries
- Develop a personalized caregiver support and relapse-prevention plan
- Recognize when and how to access additional support

Facilitators: Ron & Stephanie

Caregiving the Caregivers of Adolescents

Mondays

September 14 – October 5

(Session A: 4 classes)

5:30 pm – 7:00 pm

 Virtual

What will we do?

This course offers a supportive and non-judgmental space for parents and caregivers to explore the unique challenges of supporting adolescents through significant emotional, social, and developmental changes. Together, we'll reflect on the pressures caregivers face, strengthen our coping strategies, and learn practical tools to build healthier communication and connection. Caregivers will gain insight into how to support their loved ones while also caring for their own well-being.

What will we learn?

- How adolescent development influences mental health and behaviour
- Ways to communicate effectively and compassionately with loved ones
- Tools to recognize when additional support is needed – and where to find it
- Approaches for setting healthy boundaries and maintaining family balance
- Practices for nurturing your own emotional well-being while supporting others
- How to navigate the healthcare and school system to find and advocate for support

Facilitators: Sue & Stacie

Caring for Older Adults: Managing the Emotions of Caring

Wednesday, September 16

(Session A: 1 class)

5:15 pm – 6:30 pm

 Virtual

What will we do?

Caring for older adults is meaningful but can also be emotionally challenging. This interactive workshop explores the emotional side of caregiving, including stress, grief, guilt, and compassion fatigue. Through discussion and practical exercises, participants will learn tools to manage emotions, reduce self-blame, and build healthier coping strategies.

What will we learn?

- Identify common emotional responses in caregiving
- Understand the impact of caregiving on mental health and daily life
- Recognize signs of burnout and emotional overload
- Practice grounding and reflection techniques
- Normalize caregiving emotions and strengthen coping skills

Facilitators: Loretta & Stephanie

Chew on This!

Tuesdays

September 8 – October 13

(Session A: 6 classes)

5:15 pm – 6:30 pm

 Virtual

or

Tuesdays

October 27 – December 1

(Session B: 6 classes)

5:15pm – 6:30pm

 Virtual

What will we do?

Welcome to our cooking class in which you'll find creative, affordable recipes to make for an individual with leftovers or small families. Let's add the fun while experimenting in the kitchen and exploring new flavours without breaking the bank. We are here to make cooking exciting, simple, and full of variety.

What will we learn?

- Menu planning to create a healthy dinner within a budget
- Safety and skills in the kitchen
- Recipe improvisation – making it your way!

Facilitators: Jessica & Julie

Circle of Learning: Indigenous Teachings Reflection & Community

Tuesdays

September 8 – October 13

(Session A: 6 classes)

3:00 pm – 4:15 pm

 In Person

What will we do?

Circle of Learning: Indigenous Teachings & Community is a space to come together, connect, and learn through shared stories, teachings, and experiences. In this group, we will explore Indigenous teachings with the guidance of Elders and knowledge keepers while creating opportunities for reflection, conversation, creativity, and community connection. Together, we will learn, share, and build relationships in a supportive space.

What will we learn?

- Learn about some Indigenous histories, experiences, and perspectives from communities across Turtle Island
- Hear teachings about land, community, and lived experiences
- Reflect through creativity by creating a group dream catcher and individual dream catchers
- Explore how music, storytelling, and connection can support belonging, joy, and community

Facilitators: Leah & Levi

Co-Dependency

Thursdays

September 10 – October 15

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

This 6-week group is a supportive and empowering space for individuals seeking to understand and heal from co-dependent patterns in relationships. Together we will explore the roots of co-dependency, build emotional awareness, and develop tools for healthier boundaries and self-worth. Through discussions, self-reflection and optional sharing, participants will gain insight into their behaviors, strengthen their sense of self, and reconnect with their own needs, desires and autonomy.

What will we learn?

- What is co-dependency
- Identifying signs of co-dependent behavior
- The effects of co-dependency on our mental and physical health
- Boundaries and co-dependency
- Coping skills for dealing with co-dependency

Facilitators: Heather & Bri

Compassionate Recovery

Fridays

October 30 – December 4

(Session B: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

Through a structured, six-module framework, this experiential course introduces self-compassion as a transformative practice for emotional healing and resilience. Students will explore how internal self-talk affects the nervous system, influences stress responses, and shapes overall wellbeing. Designed for individuals navigating stress, transition, or personal growth, this course provides practical tools for cultivating a compassionate inner relationship and building a more grounded, resilient life.

What will we learn?

- How to identify and reframe self-critical patterns
- Build emotional regulation skills
- Strengthen our capacity for self-kindness during times of difficulty
- Exploring integration of mindfulness practices, cognitive awareness, and relational insight to support sustainable change
- Develop practical self-compassion strategies to support everyday wellbeing

Facilitators: Keith & Claire

Communication and Conflict

Wednesdays

September 9 – October 14

(Session A: 5 classes)

1:00 pm – 2:15 pm

Note: No class September 30

 Community

This course takes place at:

Clarington Public Library
Bowmanville Branch
163 Church St
Bowmanville

or

Wednesdays

October 28 – December 2

(Session B: 5 classes)

1:00 pm – 2:15 pm

Note: No class November 11

 Virtual

What will we do?

This is a course for people who want a better understanding of conflict and how our communication can impact the conflict in our lives. As a group, we will look at why some conflicts happen, we will learn effective communication skills for conflict resolution, as well as strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others.

What will we learn?

- Identify different types of conflict, effective conflict management strategies, and their impact on relationships
- Explore different communication styles and their influence on interactions with others
- Develop active listening skills to improve understanding and strengthen relationships
- Examine the role of forgiveness in personal growth and healthy relationships
- Build emotional intelligence to better understand and manage emotions while fostering positive connections

Facilitators: Sue & Chandra (A), Keith & Heather (B)

Coping with Anxiety and Panic

Tuesdays

September 8 – October 13

(Session A: 6 classes)

3:00 pm – 4:15 pm

 In Person

What will we do?

This is a course for people living with panic and anxiety who want to share their experiences of what has worked for them, as well as to learn new tools from each other. We will talk about why anxiety and panic happen and how we can help ourselves live with the uncomfortable sensations they produce. We will also talk about building resiliency and lifestyle factors that can help or harm us when living with panic and anxiety.

What will we learn?

- How to speak generally about what happens in the body during anxiety and panic attacks
- Discuss the unpleasant symptoms that occur to decrease fear during an attack
- Learn tools for dealing with anxiety in general
- Examine new techniques by sharing what has worked for us

Facilitators: Keith & Stacie

Coping with Depression

Tuesdays

October 27 – December 1

(Session B: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

We've all been sad or had moments of a low mood at times in our lives, but what happens when we can't pull ourselves out of these prolonged funks? In this group we will increase our understanding and knowledge about depression and gain skills to help recognize and manage symptoms that can frequently occur. Collectively we'll identify and implement healthy coping mechanisms and explore a variety of treatments that help manage day-to-day symptoms.

What will we learn?

- Identify signs and symptoms of depression
- The importance of a support system and developing a crisis plan
- Exploring a variety of different treatment options and coping strategies
- Examining personal triggers and enforcing boundaries
- Discuss our experiences with stigma and how to normalize depression through effective conversations

Facilitators: Keith & Chandra

Course Facilitation Skills Training

Thursdays

September 10 – October 15

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Virtual

or

Thursdays

October 29 – December 3

(Session B: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

This course will teach participants the skills they need to successfully develop and implement workshops in a supportive and non-judgmental environment. We will explore a variety of topics including adult learning principles, lesson planning, classroom management and group dynamics, as well as public speaking and presentation skills. Completion of this course is a prerequisite for facilitating a course within the Recovery College.

What will we learn?

- Presentation skills
- Increase social confidence
- How to engage a group of individuals so that everyone participates
- Learn how to prepare lesson plans and deliver them with success
- Practice active listening skills
- Develop leadership skills

Facilitators: Stacie & Chandra

CPR

Monday, October 19

(Session A: 1 class)

9:00 am – 3:00 pm

 Workshop

What will we do?

We will become certified in CPR-C. CPR-C (Adult, Child & Infant) covers all aspects of CPR skills and theory for adult, child and infants, including two-rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED.

All Lifesaving Society CPR training is consistent with standards established by the Heart and Stroke Foundation of Canada.

What will we learn?

- About risk factors associated with heart disease and how to prevent them or reduce their effects
- A skill set of lifesaving techniques including Cardiopulmonary Resuscitation and how to help choking individuals (including those who are non-breathing and pulseless)

Facilitators: Jenine & Leah

Detaching with Love

Fridays

September 11 – October 16

(Session A: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

We will uplift one another, celebrate our strengths, and learn practical strategies to cultivate a positive self image.

Together, we'll embark on a path toward greater self-discovery and empowerment. We'll share experiences, engage in meaningful discussions, and participate in activities designed to foster self acceptance and resilience.

What will we learn?

- Learn how to empower your self-worth
- Explore ways to enhance your sense of self-worth
- Recognize your inherent value and unique qualities
- Build confidence
- Learn strategies to overcome negative self-talk

Facilitators: Sue & Heather

Discovering Watercolours

Thursdays

September 10 – October 15

(Session A: 6 classes)

3:00 pm – 4:15 pm

 Virtual

or

Thursdays

October 29 – December 3

(Session B: 6 classes)

3:00 pm – 4:15 pm

 Virtual

What will we do?

In Discovering Watercolours, you will learn and practice the foundational techniques that are used in watercolour painting. Inspirational pictures will be provided to paint together while supporting each other in a non-judgemental environment. Sharing is optional at the end of class. A suggested supply list will be sent out prior to the start of the session.

What will we learn?

- Painting techniques to enhance your art pieces
- Brush control and colour mixing
- Patience, as you cannot rush a watercolour painting
- Building your creativity and self-esteem while expressing yourself through art

Facilitators: Ashley and Julie

The Dynamics of Discharge

Tuesdays

September 8 – October 13

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Transitional Discharge

or

Tuesdays

October 27 – December 1

(Session B: 6 classes)

1:00 pm – 2:15 pm

 Transitional Discharge

What will we do?

Welcome to the dedicated course tailored for students enrolled in our Assessment and Reintegration Program (CGP-A, B, C & D). This comprehensive course is crafted to provide invaluable insights and practical skills necessary for navigating the process of discharge. Throughout this course, participants will delve into an exploration of the discharge process, gaining an understanding of its components. This course empowers participants by equipping them with practical tools and strategies to effectively prepare for discharge.

What will we learn?

- The process of discharge
- Understanding readiness for discharge
- Common challenges when discharging
- Community supports for wellness
- The benefits and challenges of maintaining wellness as an out-patient

Facilitators: Nicole & Leah

Emotional Intelligence

Mondays

September 14 – October 5

(Session A: 4 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

Emotional intelligence (EQ) is a powerful predictor of success in many facets of life and overall well-being. This course provides a comprehensive, practical exploration of emotional intelligence—what it is, why it matters, and how to strengthen it in everyday life.

What will we learn?

- To better understand emotional intelligence and how it can support our success in life and interpersonal relationships
- To gain a greater understanding of and the ability to identify emotions to strengthen our communication skills
- Identify emotional stressors
- How to detach from emotions that aren't ours
- How different types of emotional intelligence skills are developed

Facilitators: Keith & Chandra

Exploring Non-Attachment

Fridays

October 30 – December 4

(Session B: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

We will engage in discussion with our peers. We will learn to bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences. We will begin to understand that as we cling to these ideas, we also create more suffering. In this group we will be discussing some Buddhist practices and principles. We will also explore the mindfulness practice of letting go.

What will we learn?

- We will explore attachment theories
- What is non-attachment
- Buddhist principles of non-attachment
- Ways to practice non-attachment

Facilitators: Sue & Keith

Exploring Radical Acceptance

Wednesdays

September 9 – October 14

(Session A: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

In this course we will learn how Radical Acceptance can help us recognize and identify emotions that can be difficult to feel. We will also identify tools to help us direct our emotions in a way that will allow us to grow. In this space we will have the opportunity to learn from each other and share strategies and experiences.

What will we learn?

- We will learn how to speak more compassionately to ourselves with various techniques, self-talk, as well as some meditation practices
- We will learn how to recognize our emotions, feel them, change the way we think and let go of the emotions we hold on to

Facilitators: Sue & Heather

Exploring Unhealthy Thought Patterns

Fridays

October 30 – December 4

(Session B: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

This group is designed to help participants recognize and understand unhelpful or negative ways of thinking that affect mood, behavior, and overall well-being. We will explore how our thoughts shape our emotions and actions and will have discussions on how to soften and challenge patterns that no longer serve us. We will engage in discussions to strengthen self-awareness and support one another in creating more compassionate, realistic, and flexible ways of thinking.

What will we learn?

- About common thought distortions
- How to identify personal thought patterns that contribute to stress, anxiety, or low self-esteem.
- How to recognize automatic negative thoughts and where they come from
- Strategies to maintain healthier thought habits in our daily life

Facilitators: Sue & Heather

Find Your Zen for the Weekend Yoga

Fridays

September 11 – December 4

(Session A & B: 12 classes)

1:00 pm – 2:15 pm

Note: No class October 23

 Virtual

What will we do?

We know that yoga can be a great workout, but it is more than that. It connects us with our body by practicing breathing techniques, working on our posture as well as strength, flexibility, balance, and stamina. Yoga may also assist us with focusing, concentration and quieting our minds. The type of yoga that this is based on is Hatha yoga. It focuses on strengthening the body and involves physical postures (asanas) and breathing techniques (pranayama).

Note: A Physical Activity Readiness & You (Par-Q) will be required of all participants that is renewed annually, and a waiver will be required for those who have not signed one previously.

What will we learn?

- To become more aware of the mind and body connection in relation to stress and ways to release it
- To maintain and/or increase personal balance, flexibility and strength through continuous participation in this session
- Building confidence to continue to practice after the session has ended for continued benefit

Facilitators: Julie

Hiking Group

Thursdays

September 10 – October 15

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Community

or

Thursdays

October 29 – December 3

(Session B: 6 classes)

1:00 pm – 2:15 pm

 Community

What will we do?

Our hiking group is a welcoming community for people who enjoy exploring the outdoors, staying active, and learning together. Whether you're new to hiking or have plenty of trail experience, this group is about connection, discovery, and appreciation of nature at our own pace. Hikes will range from easy to moderate trails, along with exploring forests, hills, and scenic viewpoints. We will take breaks to relax and take in the view, talk and connect to others and enjoy the surroundings. Each week we will meet at a starting location for a trail, individuals will be responsible to get there independently.

What will we learn?

- Respect for nature and wildlife
- Build connections with others that also enjoy both hiking and the outdoors
- Basic navigation and awareness of trail markers
- How to prepare for hikes safely (gear, weather, and planning)

Facilitators: Sue & Robin

Identifying Unhealthy Relationships

Fridays

September 11 – October 16

(Session A: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

Walking away from unhealthy relationships isn't always possible or easy. Through education and discussion, this course looks at ways to minimize the negative impact of those relationships. If we believe we are worthy of respect, kindness and consideration, we will be able to surround ourselves with people who lift us up, rather than diminish us.

What will we learn?

- To recognize patterns in unhealthy relationships
- To understand why we stay in unhealthy relationships as long as we do
- How to decide whether it is time to let go
- To identify unhealthy relationships through determining our own strengths
- About changes we can make in our own choices and behaviour to improve our wellness and, subsequently, the relationships we find ourselves in

Facilitators: Heather & Chandra

Just Craftin' Around: The Holiday Edition

Wednesdays

September 9 – October 14

(Session A: 6 classes)

1:00 pm – 2:15 pm

 In Person

or

Wednesdays

October 28 – December 2

(Session B: 5 classes)

1:00 pm – 2:15 pm

Note: No class November 11

 In Person

What will we do?

Just Craftin' Around supports creating various projects that can be displayed during the holidays or gifted to others. It is a creative community that promotes positivity and taking creative challenges in a judgement-free room. This group will emphasize the creative process of utilizing crafts to create beautiful art.

What will we learn?

- Increased knowledge and technique through various holiday crafting projects
- To recognize that we all can be artistic creators
- To develop skills and confidence when creating new art pieces

Facilitators: Julie & Hailey (A), Julie & Chandra (B)

Learning about Borderline Personality Disorder

Thursdays

October 29 – December 3

(Session B: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

We will explore the core issues to help understand this diagnosis. We will talk about all the misunderstandings and information about this diagnosis. We will talk about different treatments and learn about building healthy coping skills.

What will we learn?

- How to identify BPD sign & symptoms
- Causes of BPD
- Effects of BPD on your physical & mental health
- How to navigate support
- How to set boundaries effectively
- Coping & treatment for BPD

Facilitators: Bri & Heather

Learning about Schizoaffective Disorder

Thursdays

October 29 – December 3

(Session B: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

We will explore the knowledge around the facts about living with schizoaffective disorder. We will engage in meaningful discussions around this unique diagnosis.

What will we learn?

- About different aspects around schizoaffective disorder
- Causes around this diagnosis
- How to accept & live with this diagnosis
- Different types of treatments & skills
- How to have self compassion for the diagnosis

Facilitators: Tanya & Heather

LOL: The Art of Laughing

Mondays

October 26 – November 30

(Session B: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

LOL: Laugh Out Loud is a fun and welcoming group where we connect, share, and explore the benefits of laughter through conversations, games, and interactive activities. Together, we'll build connections while discovering how laughter supports our overall well-being.

What will we learn?

- Explore how laughter supports mental, physical, and emotional well-being
- Learn how laughter can reduce stress and strengthen relationships
- Discover how laughter is celebrated in different cultures
- Practice simple ways to bring more joy, humour, and laughter into everyday life

Facilitators: Leah & Chandra

Maintaining Momentum

Wednesdays

October 28 – December 2

(Session B: 5 classes)

10:30 am – 11:45 am

Note: No class November 11

 In Person

What will we do?

Are you looking to make progress with your wellness and avoid setbacks? This group will discuss strategies to maintain gains, minimize obstacles and reduce reversals to achieving our recovery goals.

What will we learn?

- A variety of coping mechanisms, tools, and resources to help keep us on the right path of our wellness journeys
- Participants are encouraged to share with others the healthy strategies that have worked for them
- How to help combat our inner critic and have self compassion
- Exploring the concept of emotional intelligence and developing healthy habits

Facilitators: Keith & Chandra

Managing Anger

Tuesdays

September 8 – October 13

(Session A: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

In this course we will explore the emotion of anger and how it impacts us and our relationships, along with the impact physically on our body. The course is filled with practical wisdom as well as techniques that will assist individuals in exploring the emotion of anger. We will also discuss the emotions that lie underneath the anger.

What will we learn?

- What anger is
- Emotions that lie underneath the anger
- Tools to help support and manage our emotions
- About the aggression cycle

Facilitators: Sue & Heather

Mindfulness Meditation

Mondays

September 14 – October 5

(Session A: 4 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

In this group each week we will explore selected topics from grounding, letting go, emotional clearing, heart healing, energy healing, intuition and awakening. We will listen to a guided meditation each week where no prior meditation experience is needed. There will be space for students to share if they would like to with this group.

What will we learn?

- We will learn about emotional, mental, physical, energetic and spiritual benefits of each topic we discuss
- How to stay present in the moment
- Developing greater self-awareness
- Practicing non-judgmental awareness of thoughts and feelings

Facilitators: Sue & Heather

The Mirror & The Plate: Exploring Our Relationship with Body Image and Food

Mondays

September 14 – October 5

(Session A: 4 classes)

10:30 am – 11:45 am

 In Person

or

Tuesdays

October 27 – December 1

(Session B: 6 classes)

10:30 am – 11:45 am

 Virtual

What will we do?

This will be a supportive and judgement-free group where we can come together and discuss challenging issues related to body image. We will learn about warning signs and symptoms of disordered eating and have conversations on how to support ourselves or loved ones through challenges.

What will we learn?

- The difference between body neutrality and body positivity
- How to set healthy boundaries for ourselves and others
- Tools we can lean on to support ourselves when we become emotionally dysregulated
- How to manage societal pressure and media to benefit our wellness goals
- We will share and discuss resources available to the community
- Ways to offer ourselves self-compassion and self-respect

Facilitators: Keith & Stacie

My Stories, My Voice

Wednesdays

September 9 – October 14

(Session A: 6 classes)

10:30 am – 11:45 am

 Virtual

or

Wednesdays

October 28 – December 2

(Session B: 5 classes)

10:30 am – 11:45 am

Note: No class November 11

 Virtual

What will we do?

Sharing your experiences can be a meaningful way to change your story from one of illness to one of strength and wellness. In this course, you will learn how to use your own personal and unique lived experience to craft your own story. You will work toward feeling comfortable and confident with sharing your work in progress in front of a group of peers while accepting gentle feedback to make your story the best it can be.

What will we learn?

- Participate in a series of activities that will help you to get comfortable with the process
- Mine your memory for experiences you would like to use in the story you choose to tell
- Have one-on-one feedback sessions with an instructor
- Can share your story in progress with your group of peers
- Tell your story during the final session of the course

Facilitators: Sue & Lori

Off the Wall Miniatures Painting with Deb

Wednesdays

September 9 – December 2

(Session A & B: 11 classes)

3:00 pm – 4:15 pm

Note: No class Oct 21 & Nov 11

 In Person

What will we do?

We will be painting plastic miniature figures, Warhammer 40k/Age of Sigmar, that can be used for tabletop games or kept as collectables. We will use the first part of the course to paint our miniatures and the second part of the course we will play Warhammer 40k.

What will we learn?

- How to choose a colour scheme
- How to properly thin and apply acrylic paint
- How to use a wet palette
- How to layer paint
- How to drybrush paint
- How and when to use shades
- How to base the model
- How to design terrain
- How to play Warhammer 40k

Facilitators: Debbie, Nicole & Leah

Overcoming Challenges

Thursdays

September 10 – October 15

(Session A: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

How do we overcome the challenges we face? How do we continue to find hope when life seems unfair? Each one of us has faced challenges in life and we will all continue to experience challenges throughout our lives. This course will help us to understand that life challenges are inevitable and for the most part out of our control. We will explore a variety of ways to overcome, or at least accept, the challenges we face while maintaining our well-being.

What will we learn?

- Accept that life includes challenges and learn how to embrace the present
- Develop strategies for letting go of things beyond our control
- Learn effective ways to manage difficult people and challenging situations
- How to handle difficult questions pertaining to our mental health
- Strengthen self-advocacy skills and strategies for dealing with bullying

Facilitators: Keith & Chandra

Pathways to Work: Exploring Your Next Steps Toward Employment

Wednesday, September 16

(Session A: 1 class)

10:30 am – 12:30 pm

 Workshop

or

Wednesday, November 18

(Session B: 1 class)

10:30 am – 12:30 pm

 Workshop

What will we do?

At the Employment Drop-In Info Session, you will have the opportunity to build or update your resume, write a standout cover letter, prepare for interviews by practicing common questions and learning how to discuss your strengths and gaps, explore labour market information to understand what jobs are in demand, and receive vocational guidance to explore your work goals.

What will we learn?

How to create a professional resume and cover letter tailored to job applications
Develop confidence and skills for interviews
Gain insights to current job market trends and opportunities
Employment Ontario (EO) supports available within the community to help you achieve your employment goals
The tools and knowledge needed to successfully re-enter the workforce

Facilitator: Falguni

Pickleball

Thursdays

September 10 – October 15

(Session A: 6 classes)

10:30 am – 11:45 am

 In Person

or

Thursdays

October 29 – December 3

(Session B: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

Whether you are new at pickleball or looking to improve your skills, this class offers fun, supportive environment for learning and playing the game. During the 6 weeks we will have friendly game play, and lots of fun.

What will we learn?

- Basic rules, Scoring, and court layout
- Proper grip, paddle control, and foot work
- Fundamental shots including serves, returns, dinks, and volleys
- Court positioning and simple game strategies
- How to play confidently and safely during games

Facilitators: Julie & Sue

Poems Inspired by Famous Poets

Mondays

September 14 – October 5

(Session A: 4 classes)

10:30 am – 11:45 am

 Virtual

or

Mondays

October 26 – November 30

(Session B: 6 classes)

10:30 am – 11:45 am

 Virtual

What will we do?

Weekly we will be focusing on a different famous poet and what made their poems famous. After the poem appreciation and brief discussion, we will have time during the sessions to write our own poems as a tribute to the poets, inspired by their poetic devices and poetry styles. Semester A will include a tribute to: Maya Angelou, Emily Dickinson, Robert Frost and Henry David Thoreau.

What will we learn?

- The power of presence within poetry
- Poetic appreciation and creative expression
- Self-expression and reflection through poetry

Facilitators: Krishna & Julie

Progressive Fitness

Tuesdays

September 8 – December 1

(Session A & B: 12 classes)

3:00 pm – 4:15 pm

Note: No class October 20

 Virtual

What will we do?

Progressive fitness focuses on learning fundamental exercises that will be structured to safely challenge your body over time. During the 65 to 75-minute class, everyone works at their own ability and listen to their bodies. This is a supportive, judgment-free environment with exercise options always available to suit your needs.

Requirements:

- A non-wheeled chair, water
- A Physical Activity Readiness & You (Par-Q) will be required of all participants that is renewed annually, and a waiver will be required for those who have not signed one previously
- A towel and a yoga mat as some exercises may be on the floor
- Water bottle to stay hydrated

What will we learn?

- Safe progressive exercises that incorporate resistance of some kind - body weight, dumbbells, water bottle
- Proper breathing techniques while exercising
- Improved health and increased confidence while becoming more physically active

Facilitator: Julie

Pursuing Dreams and Aspirations

Fridays

September 11 – October 16

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

Sometimes we get stuck when it feels like we've been derailed in life and are unable to move forward. This course helps shift our focus toward using skills to achieve our goals, dreams, and aspirations despite the mental health challenges we may face. Together, we'll learn how to overcome obstacles with a solution-focused mindset.

What will we learn?

- The importance of connection and exploring personal recovery
- Problem-solving techniques and strategies to overcome procrastination
- How to move forward despite setbacks and adversity
- Problem-solving skills to overcome roadblocks
- How to take the next steps toward achieving goals using the SMART framework (Specific, Measurable, Attainable, Realistic, and Timely)

Facilitators: Sue & Chandra

Safe & Sound: Medication Education with Pharmacy

Tuesdays

October 27 – December 1

(Session B: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

This will be a pharmacist-led mental health medication workshop where we discuss various common mental health conditions and the respective medications for them. We will go over how these medications treat these specific conditions, and the side effects associated with these medications & how to manage these side effects. We will also address any medication questions that you might have on these topics.

What will we learn?

- Discussions revolving around schizophrenia and the use of antipsychotics
- Depression and antidepressants
- Bipolar disorder and mood stabilizers
- Discharge and community navigation
- Substance use (benzo/opioid/marijuana), naloxone, and smoking cessation
- Additional topics around medications in mental health

Facilitators: Pharmacy & Heather

Self-Care 101

Tuesdays

September 8 – October 13

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Virtual

or

Mondays

October 26 – November 30

(Session B: 6 classes)

10:30 am – 11:45 am

 Virtual

or

Mondays

October 26 – November 30

(Session B: 6 classes)

3:00 pm – 4:15 pm

 In Person

What will we do?

This course explores the importance of self-care and how small, intentional practices can support our overall well-being. We will explore practical strategies for caring for our physical, emotional, and mental well-being while building greater self-awareness and balance in daily life. Through discussion and reflection, the course encourages individuals to develop a personalized approach to self-care that supports resilience and long-term wellness.

What will we learn?

- How to commit to small amounts of time each day to tune in to ourselves and our needs
- Re-patterning our relationship with ourselves through consistent self-awareness and change
- Cultivating greater grace and ease in accessing our higher self

Facilitators: Keith & DMHS ( A), Keith & Stacie ( B), Chandra & Heather ( B)

Self-Esteem

Wednesdays

September 9 – October 14

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

Do you find it difficult to share your opinions and to speak up for yourself? This course will explore what self-esteem is, why we struggle with it, the importance of positive self-esteem, and what causes low self-esteem. We will also take a look at strategies to challenge negative or inaccurate thinking.

What will we learn?

- What self-esteem is and how to build it
- Factors that shape and influence self-esteem
- How to communicate assertively and practice self-acceptance
- The importance of supportive people and healthy relationships
- Ways to set and maintain healthy boundaries

Facilitators: Keith & Stacie

Self-Esteem Boost for Women: Pathway to Wellness & Self-Care

Tuesdays

October 27 – December 1

(Session B: 6 classes)

1:00 pm – 2:15 pm

 In Person

What will we do?

Explore the journey of building self-esteem and improving overall wellness in this practical, empowering course. Through self-awareness, self-compassion, and effective self-care strategies, participants will gain a deeper understanding of themselves, challenge negative self-beliefs, develop healthier thought patterns, and build a more positive self-image. Join us to strengthen resilience, enhance well-being, and develop lasting skills for personal growth and self-care.

What will we learn?

- Develop a deeper understanding of self-esteem and its impact on overall well-being
- Explore practical strategies for enhancing self-awareness and self-compassion
- Learn effective techniques for nurturing mental, emotional, and physical wellness

Facilitators: Colleen & Chandra

Singing 101 (Community Choir)

Thursdays

September 10 – October 15

(Session A: 6 classes)

3:00 pm – 4:15 pm

 In Person

or

Thursdays

October 29 – December 3

(Session B: 6 classes)

3:00 pm – 4:15 pm

 In Person

Note: This class will take place in the Multifaith Room in Building 5

What will we do?

In this course we will enjoy singing as a leisure activity and the health benefits that accompany singing with others. Participants will be encouraged to reflect on what music they love to sing and how it impacts them. Activities will include vocal warm-ups, group singing, listening, class discussions as well as an introduction to reading music and songwriting. No musical experience or ability to read music is needed to benefit from this course though an interest in singing and a willingness to try new things is encouraged. All materials will be provided.

What will we learn?

- How to warm-up your voice and other helpful tips to feel ready and able to sing your favorite songs
- How to take good care of your voice as an instrument / vocal health
- Some of the health benefits of singing

Facilitators: Kaitlyn, Clark & Leah

Speaks to Readiness

Tuesdays

September 8 – October 13

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Virtual

What will we do?

We will explore six components around personal readiness within recovery.

What will we learn?

- Explore the importance of readiness in our personal recovery
- Review the difference between Fixed and growth mindset
- Explore the power of letting go
- Explore the power of acceptance
- Deepen your awareness to your readiness
- Explore how willingness can impact our personal journey

Facilitators: Chandra & Heather

Stitch and B*tch

Thursdays

September 10 – October 15

(Session A: 6 classes)

1:00 pm – 2:15 pm

 In Person

or

Thursdays

October 29 – December 3

(Session B: 6 classes)

1:00 pm – 2:15 pm

 In Person

What will we do?

Welcome to this inclusive and welcoming group. In this group we will have the opportunity to explore knitting, crochet, cross stitch, macrame, embroidery and more. We welcome everyone, no previous experience or skill needed. Looking for good company and to try something new? Join us!

What will we learn?

- The importance of coming together as a community to promote wellness
- How to find wellness by engaging in creative activities
- Various fibre crafts/arts

Facilitators: Leah & Denise & Nicole

Note: This class will take place in the Multifaith Room in Building 5

Surviving a Personal Crisis

Fridays

September 11 – October 16

(Session A: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

This psychoeducational support group offers participants a structured yet compassionate framework for navigating personal crises. Developed from lived experience and informed by trauma-sensitive practices, the course introduces eight key strategies to support psychological stabilization, promote emotional resilience, and foster self-directed healing. Each step offers validation of the struggle, gentle encouragement, practical strategies and emotional connection.

What will we learn?

- Reinforce self-care practices to support nervous system regulation and recovery
- Explore the benefits of nature, routine, and spiritual connection for well-being
- Build confidence in help-seeking, healthy relationships, and boundary-setting
- Develop skills in emotional awareness, self-compassion, mindfulness, and distress tolerance
- Cultivate healthy behaviors that support recovery and reconnect with personal values

Facilitators: Claire & Keith

Thriving Together: Community Wellness Peer Support Group

Mondays

September 14 – October 5

(Session A: 4 classes)

1:00 pm – 2:15 pm

 Virtual

or

Wednesdays

September 9 – October 14

(Session A: 6 classes)

1:00 pm – 2:15 pm

 Transitional Discharge

or

Mondays

October 26 – November 30

(Session B: 6 classes)

1:00 pm – 2:15 pm

 Virtual

or

Wednesdays

October 28 – December 2

(Session B: 5 classes)

1:00 pm – 2:15 pm

Note: No class November 11

 Transitional Discharge

What will we do?

This weekly, peer-led support group empowers individuals transitioning from hospital to community life. In a welcoming, inclusive space, members connect, share experiences, and support one another through structured guidance and participant-driven conversation—building resilience, reducing isolation, and fostering personal growth.

What will we learn?

- How to build supportive connections and a sense of belonging during the transition from hospital to community
- Ways to share and reflect on personal experiences to promote healing, resilience, and self-awareness
- Wellness strategies for managing challenges and maintaining mental and physical health
- Practical tools for engaging with the community and navigating daily life

Facilitators: Leah & Nicole



Understanding Core Beliefs

Tuesdays

October 27 – December 1

(Session B: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Through structured curriculum, activities and discussion we will explore our core beliefs and find ways to leverage them while maintaining our recovery wellness.

What will we learn?

- To explore our core beliefs
- To understand where our core beliefs come from
- How our core beliefs impact us on a day-to-day basis
- How to leverage our core beliefs in pursuing and maintaining our recovering wellness

Facilitators: Sue & Heather

Understanding Neurodiversity

Thursdays

September 10 – October 15

(Session A: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

We will explore neurodiversity in an effort to understand and accept it as part of the human experience.

What will we learn?

- Gain an understanding of neurodiversity
- Different diagnoses that fit under this umbrella
- How to address societal stigma by raising awareness
- Coping skills and different treatment options that have been found to be helpful

Facilitators: Stacie & Heather

Wellness Walk

Wednesdays

September 9 – October 14

(Session A: 6 classes)

9:00 am – 10:15 am

 Transitional Discharge

or

Wednesdays

October 28 – December 2

(Session B: 5 classes)

9:00 am – 10:15 am

Note: No class November 11

 Transitional Discharge

What will we do?

In this course, we'll explore the practice of mindful walking as a pathway to better health and wellbeing. Each session combines gentle outdoor movement with awareness exercises designed to reduce stress and increase vitality. We will walk on the grounds of Ontario Shores. Whether you're new to exercise or looking to deepen your existing wellness routine, you'll find a welcoming environment where movement becomes a form of self-care rather than obligation.

What will we learn?

- How to practice mindful walking as a pathway to better health and wellbeing
- Techniques for combining gentle outdoor movement with awareness exercises to reduce stress and increase vitality
- Ways to transform movement into a form of self-care in a welcoming, supportive environment

Facilitators: Leah & Nicole

Who Am I?

Tuesdays

September 8 - October 13

(Session A: 6 classes)

10:30 am – 11:45 am

 In Person

What will we do?

Whether we are coming out of the fog of mental health, addiction, or a major life change, "Who am I?" is a question we may find ourselves not knowing the answer to. We may have spent much of our lives working to please or satisfy the expectations of others or you may simply be ready for a change. This group will help you to explore your values, your happiness, life satisfaction, your likes, and your dislikes, to find the best possible answer to this elusive question.

What will we learn?

- Examining life events that can alter our sense of being
- Exploring our values and how we live our lives to its truest form
- Identifying feelings and thoughts while regulating negative emotions
- Looking at how to make change
- Reflecting on our strengths and what we are good at
- What makes us happy

Facilitators: Chandra & Keith

WRAP: Wellness Recovery Action Plan

Thursdays

September 10 – November 5

(Session A & B: 8 classes)

1:00 pm - 2:30 pm

Note: No class October 22

 In Person

What will we do?

Wellness Recovery Action Plan (WRAP) is a course that helps individuals take an active role in managing their mental health and overall well-being. Participants learn how to create a personalized plan that includes simple, effective tools to support their wellness.

Throughout the course, participants develop a daily wellness plan, identify triggers and early warning signs that may affect their well-being, and build strategies to stay on track with their goals. The course also helps participants create a support and crisis plan so they can maintain choice and control during challenging times.

By the end of the course, participants will have a personalized WRAP plan to help them maintain wellness, respond to challenges, and support their recovery journey.

What will we learn?

- How to shape every aspect of our lives the way we want it to be
- To gain freedom from troubling thoughts, behaviors, or patterns that repeat in life
- Feel empowered in making decisions about your life
- How to take accountability for our daily wellness and being able to identify triggers and warning signs of when we become unwell
- Crisis planning and post-crisis planning

Facilitators: Tanya & Keith

Write Your Way Forward

Mondays

October 26 – November 30

(Session B: 6 classes)

9:00 am – 10:15 am

 Virtual

What will we do?

This journaling group offers a safe, reflective space to slow down, reconnect with yourself, and support personal healing and growth through guided writing and reflection. No writing experience is needed, only openness and honesty with yourself. Each week we will be given different prompts that fall under the topic of that week, and students will be given time to reflect and journal. There will be space for students to share if they would like to with the group.

What will we learn?

- How to build self awareness through intentional reflection
- We will learn more about ourselves as we spend time in reflection with prompts that have been created for the group
- Cultivate self compassion through self reflection

Facilitators: Sue & Heather

Your Personal Recovery Journey

Tuesdays

September 8 – October 13

(Session A: 6 classes)

10:30 am – 11:45 am

 Transitional Discharge

or

Thursdays

September 10 – October 15

(Session A: 6 classes)

10:30 am – 11:45 am

 Virtual

or

Tuesdays

October 27 – December 1

(Session B: 6 classes)

10:30 am – 11:45 am

 Transitional Discharge

or

Thursdays

October 29 – December 3

(Session B: 6 classes)

10:30 am – 11:45 am

 Virtual

What will we do?

We will guide you through Your Personal Recovery Journey, a six-module program built on the CHIME framework for personal recovery. Together, we will focus on the 5 key recovery processes: Connectedness, Hope and Optimism, Identity, Meaning, and Empowerment.

What will we learn?

- We will learn about recovery and explore five key processes
- We will learn from lived experience stories and new ideas through videos and discussions
- We will have the opportunity to reflect on our own experiences and share our thoughts if we choose
- We will learn how to build on our personal recovery strengths and discover practical ways to apply what we've learned in our daily lives

Facilitators: Nicole & Leah

A Zest for Zentangle

Wednesdays

September 9 – October 14

(Session A: 6 classes)

5:15 pm – 6:30 pm

 Virtual

or

Wednesdays

October 28 – December 2

(Session B: 5 classes)

5:15 pm – 6:30 pm

Note: No class November 11

 Virtual

What will we do?

Zentangle Inspired Art (ZIA) is an easy to learn art form that helps promote relaxation, stress reduction, mindful pacing and letting go of perfection. Using different patterns and images that develop into more inspiring and interesting projects. A suggested supply list will be sent out prior to the start of the session.

What will we learn?

- Increased focus, and fostering creativity through a structured, Zentangle inspired art drawing process
- Creative expression through the selection and combination of patterns, promoting imagination and artistic exploration
- To develop a “can do anywhere” practice that promotes positive emotions, stress reduction and relaxation while encouraging mental well-being

Facilitator: Julie



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