



Ontario Shores
Centre for Mental Health Sciences

Discovery. Recovery. Hope.

Spring 2025



Contact:

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

Recovery College Leader:

Allison Stevens x 6435

Peer Support Department:

Chandra Amodeo x 6791
Brooklyn Bastarache x 6979
Hailey Cornacchia x 6895
Sue Hie x 6378
Justine Khashmanian x 6674
Nicole Meens Miller x 6307
Stacie Mistysyn x 6654
Heather Morhorn x 6550
Julie Murray x 6444
Keith Wilen x 6961

Table of Contents

Welcome

Unknown Battle	3
What is Recovery?	4
The Recovery College at Ontario Shores	4
Post-Secondary Recovery College	4
Courses within the Recovery College	5
Peer Tutors	5
Recovery College Mission, Vision, Values	6

Registration Process

New Student Registration	7
Returning Student Registration	9

Course Descriptions and Dates

ADHD & Me	17
Advocacy	17
Art Journaling	17
The Art of Craft	18
Beyond the Brush Acrylic Painting	18
Building Better Boundaries	19
Building Self-Worth	19
Communication and Conflict	19
Coping with Anxiety and Panic	20
Coping with Depression	20
Discovering Watercolours	21
The Dynamics of Discharge	21
Empowering Caregivers: Navigating Compassion, Advocacy & Well-Being	21
Exploring Non-Attachment	22
Exploring S.A.D. (Seasonal Affective Disorder)	22
Find Your Zen for the Weekend Yoga	22
Funky Junk to Garden Gold	23

Glimmers, Spoon, Fork, Knife Theory	23
Grounding in the For-Rest.....	24
Hand Building Pottery with Maureen	24
Introduction to Mindfulness Practice.....	24
Kintsugi: The Art of Repair.....	25
Learning about Mindfulness.....	25
Maintaining Momentum	25
Making Art That Moves You	26
Managing Anger	26
Many Faces of Ego.....	26
Media Mosaic Discussion Group.....	27
Message Music – The Healing Principles of Reggae	27
The Mirror & The Plate: Exploring Our Relationship with Body Image & Food	27
Music for Self-Care.....	28
My Stories, My Voice	28
Off the Wall Miniatures Painting with Deb.....	29
Overcoming Challenges	29
Own Your Awesome: Building Self-Esteem	29
PeaceLove Expressive Arts.....	30
Progressive Low Impact Exercise	30
Pursuing Dreams and Aspirations.....	31
Recognizing Basic Goodness and Happiness Within.....	31
Self-Esteem	31
Self-Esteem Boost for Women: Pathways to Wellness and Self-Care	32
Understanding Co-Dependency.....	32
Understanding Core Beliefs.....	32
Visual Voices: Inspiration Through Art and Chat.....	33
WRAP: Wellness Recovery Action Plan	33
Write On!.....	34
A Zest for Zentangle.....	34

Tip: There are hyperlinks in the table of contents and the schedules. Click (or CTRL and click) on a course and be directly taken to the course description.



Unknown Battle

We are still humans despite our delusions

We are strong from the constant battle we have in our minds each
and everyday without pause

We are able to love despite the emotional walls we build around ourselves to
prevent us from getting hurt

We are able to control ourselves and not all of us are violent or sinister like
what the movies portray us to be

We maybe too loud despite our best intentions to be quiet

We may see things that are not there but please believe us that we could be
truly scared even though you know that there is nothing there to be scared of

We may not look like we feel emotions or are “flat” sometimes its from the
side effects of the meds we take to keep us well

We can still express ourselves but please be patient with us as our thought
process could be jumbled, or we will be slow to respond to your comments
or to express an idea

We can communicate in other ways but not always through words

We are able to be vulnerable despite the strong front we put on each
and every day

We are to be admired for the courage that took us to ask for help and to
some who are able to stand up against the prejudice and stigma society can
place on us as a whole

Amber Phillips

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 6895 or cornacchiah@ontarioshores.ca

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 will help you select the courses that best support your learning goals. The tutors have lived experience with mental illness and know what it's like to experience and overcome challenges. They are friendly, welcoming peers who will discuss some of your hopes and aspirations to help shape your choices in the College.



Recovery College Mission, Vision, Values

Mission

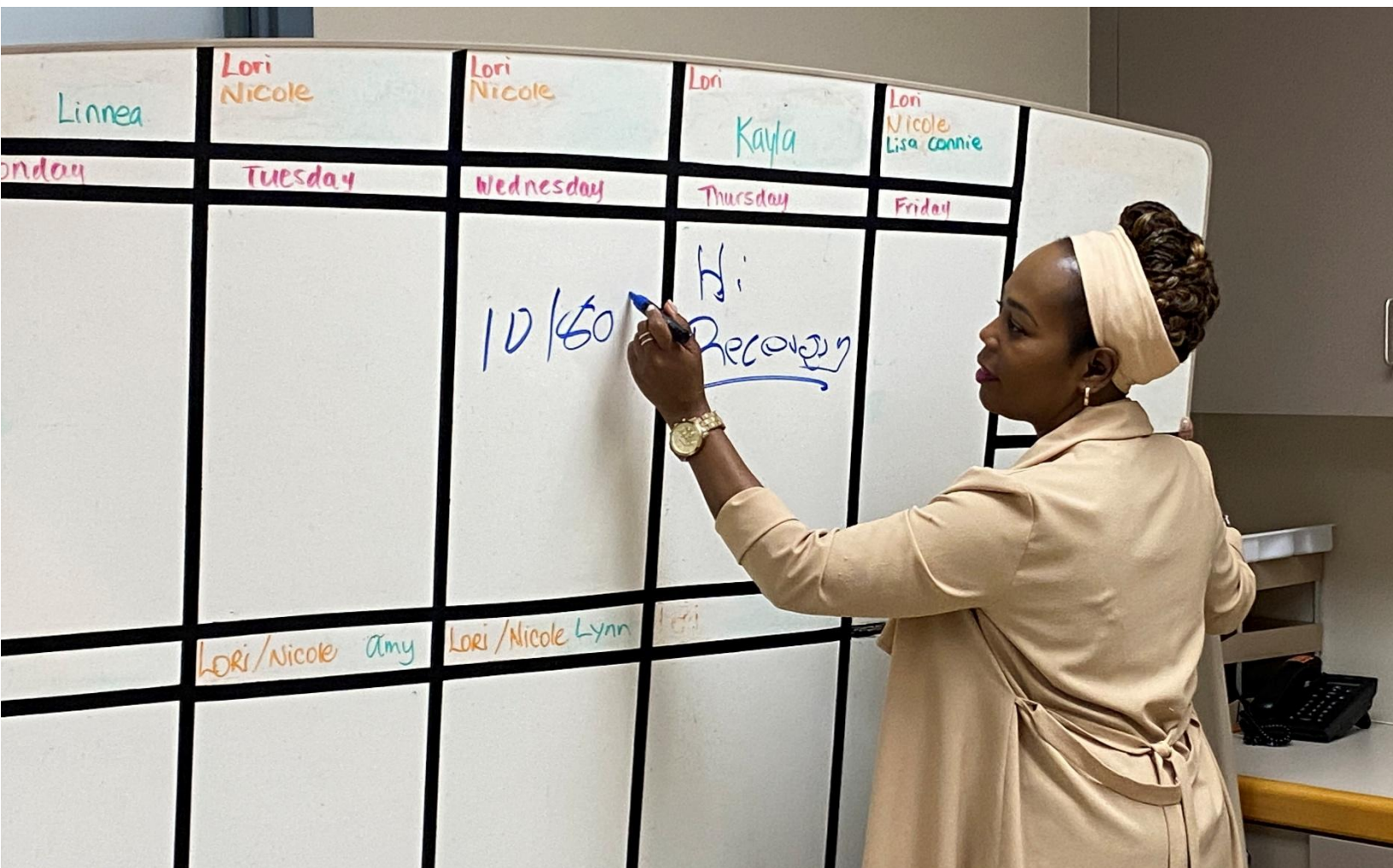
To support individuals in their personal journey of recovery.

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

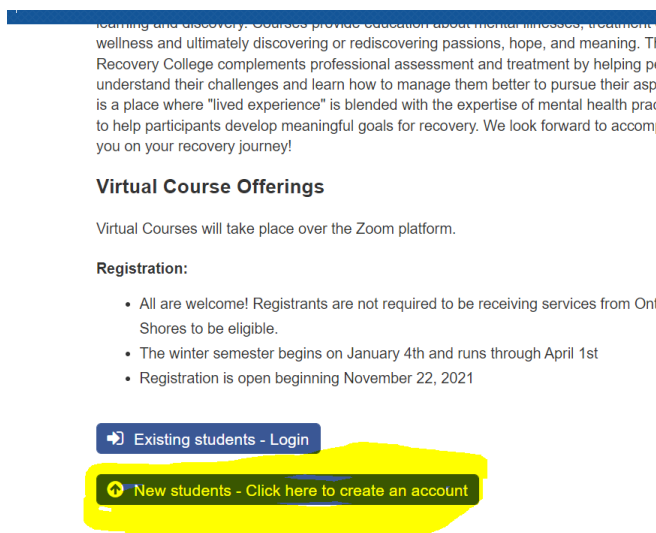


Registration Process

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. You then need to select the New Student Button:



3. Enter your first name, last name, email and set a password that you will remember
Select > Sign Up
4. Go to your email inbox and locate the email to activate your account. The email will be:

From: medsis@knowledge4you.com

5. Click on > Activate your account
6. You will then receive this message:



7. Click on > Enter MedSIS
8. Enter your credentials

9. You will now see:

You are now logged on to **MedSIS 3C**, the Internet-based full-function management system for the Recovery College, Ontario Shores and Logibec.

As a student, start by completing your requirements found under the **Registration Requirements** section on the dashboard or by clicking **F** completely registered, you must complete all of your requirements by uploading documents, signing letters or submitting forms.

The screenshot shows the MedSIS 3C dashboard. On the left, under the 'Registration Requirements' tab for the '2022 Winter S' session, there are two items: 'Registration Form' with an 'Outstanding' status and 'Membership Agreement' with a 'Signature Required' status. A yellow circle highlights a 'details...' link at the bottom of this section. On the right, the 'Alerts' section contains two red circular notifications: 'Registration Form for 2022 Winter Semester, Student: MeensMiller, Nicole. Please complete the registration form' and 'Membership Agreement Signature Required for 2022 Winter Semester, Student: MeensMiller, Nicole. Membership Agreement Signature Required'. A 'details...' link is also visible at the bottom right of the alerts section.

10. Click on > details

11. Complete Registration Form & Membership Agreement

The screenshot shows the 'Requirements' section of the MedSIS 3C dashboard. It indicates '2 out of 2' items are 'Not Completed'. The first item is 'Registration Form', with the note 'Registration Form has not been submitted yet.' and a red 'Outstanding' status. A yellow circle highlights a 'Start Registration' button. The second item is 'Membership Agreement', with the note 'Letter has not been signed yet.' and a red 'Signature Required' status. A yellow circle highlights a 'Sign Off' button.

12. Complete Individualized Learning Plan if you wish or just submit blank document

13. Course Selection Form will now release – you can choose up to 6 courses and 4 additional waitlisted courses



Returning Student Registration

1. Visit <https://recoverycollege.ontarioshores.ca>
2. You then need use your credentials to log in:

3. Please select “Forgot your password?” if you have forgotten your password
4. Go to your email inbox and locate the password reset email
5. Follow the instructions in your email to reset your password
6. Log into your account

You are now logged on to **MedSIS 3C**, the Internet-based full-function management system for the Recovery College, Ontario Shores and Logibec.

As a student, start by completing your requirements found under the **Registration Requirements** section on the dashboard or by clicking **F** completely registered, you must complete all of your requirements by uploading documents, signing letters or submitting forms.

7. Click on > details
8. Complete Registration Form & Membership Agreement

Requirements Session : 2022 Winter ...

✖ Not Completed 2 out of 2

Registration Form Registration Form has not been submitted yet.	Outstanding ✖ ▶ Start Registration
Membership Agreement Letter has not been signed yet.	Signature Required ✖ ✍ Sign Off

9. Complete Individualized Learning Plan if you wish or just submit blank document
10. Course Selection Form will now release – you can choose up to 6 courses and 4 additional waitlisted courses



Peer supporters share their lived experience of recovery to support people in discovering the unique, never-to-be-repeated gift that they are.

Recovery College Spring 2025 Schedule

Session A: May 5 – June 13

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am- 10:15 am	Virtual – Learning About Mindfulness - A & B May 5 – July 21 (No Class May 19) 10 Classes Sue & Heather	Virtual – Many Faces of Ego - A May 6 – June 10 6 Classes Sue & Heather	Virtual – Glimmers, Spoon, Fork, Knife Theory - A May 7 – June 11 6 Classes Heather & Sue	Virtual – Understanding Core Beliefs - A May 8 – June 12 6 Classes Sue & Heather	Virtual – Managing Anger - A May 9 – June 13 6 Classes Sue & Heather
					Virtual – Overcoming Challenges - A May 9 – June 13 6 Classes Keith & Chandra
10:30 am- 11:45 am	In-Person – Self-Esteem - A May 5 – June 16 (No class May 19) 6 Classes Keith & Chandra	In-Person - Funky Junk to Garden Gold - A May 6 – June 10 6 Classes Noelle & Joseph	In-Person – Maintaining Momentum - A May 7 – June 11 6 Classes Keith & Chandra	In-Person – Pursuing Dreams and Aspirations - A May 8 – June 12 6 Classes Keith & Chandra	In-Person – Building Better Boundaries - A May 9 – June 13 6 Classes Keith & Stacie
	Virtual – Write On! - A May 5 – June 9 (No class May 19) 5 Classes Julie	In-Person – Coping with Anxiety and Panic - A May 6 – June 10 6 Classes Keith & Chandra	Virtual – Empowering Caregivers: Navigating Compassion, Advocacy & Well-Being - A May 7 – June 11 6 Classes Nicole & Tracey	Virtual – My Stories, My Voice - A May 8 – June 12 6 Classes Lori & Sue	Virtual – Beyond the Brush Acrylic Painting - A May 9 – June 13 6 Classes Julie
		In-Person – Introduction to Mindfulness Practice - A @ the Ajax Public Library 6 Classes May 13 – Jun 17 Nicole & Robin		Virtual – Progressive Low Impact Exercise - A & B May 8 – July 31 (No class Jun 19) 12 Classes Julie	In-Person – Hand Building Pottery with Maureen - A May 9 – Jun 13 6 Classes Maureen & Chandra *10: 30am-12:00pm*



Virtual



In-person at Ontario Shores



On location in the community





Recovery College Spring 2025 Schedule

Session A: May 5 – June 13

1:00 pm- 2:15pm	In-Person – Learning About Mindfulness - A & B May 5 – July 21 (No Class May 19) 10 Classes Sue & Heather	In-Person – Many Faces of Ego - A May 6 – June 10 6 Classes Sue & Heather	In-Person – Glimmers, Spoon, Fork, Knife Theory - A May 7 – June 11 6 Classes Heather & Sue	In-Person – Understanding Core Beliefs - A May 8 – June 12 6 Classes Sue & Heather	In-Person – Managing Anger - A May 9 – June 13 6 Classes Sue & Heather
	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food - A May 5 – June 16 (No class May 19) 6 Classes Stacie & Keith	Virtual – ADHD and Me - A DMHS Collaboration May 6 – June 24 8 Classes Keith	In-Person – Recognizing Basic Goodness and Happiness Within - A May 7 – June 25 8 classes Keith & Galen	In-Person – WRAP - A May 8 – June 19 7 Classes Keith, Tanya & Peter *1:00 pm - 3:00 pm*	Virtual – Find Your Zen for the Weekend Yoga - A & B May 9 – August 1 (No Class June 20) 12 Classes Julie
	In-Person – The Art of Craft - A May 5 - June 9 (No class May 19) 6 Classes Julie	In-Person – Art Journaling - A May 6 - June 10 6 Classes Julie & Stacie			
		In-Person – Dynamics of Discharge - A May 6 – June 10 6 Classes Chandra & Nicole	Virtual – Communication and Conflict - A May 7 – June 11 6 Classes Chandra & Stacie	Virtual – Self-Esteem - A May 8 – June 12 6 Classes Chandra & Stacie	
				In-Person - Own Your Awesome: Building Self-Esteem - A @ Clarington Public Library May 8 – Jun 12 6 Classes Nicole & Brook	

 Virtual

 In-person at Ontario Shores

 On location in the community


Recovery College Spring 2025 Schedule

Session A: May 5 – June 13

3:00 pm - 4:15 pm		In-Person - Grounding In The For-Rest - A (Community Based) May 6 - June 10 6 Classes Sue & Robin	In-Person – Off the Wall Miniature Painting with Deb - A & B May 7 – July 30 (No class Jun 18) 12 Classes Nicole & Deb	Virtual – Discovering Watercolours - A May 8 - June 12 6 Classes Ashley & Julie	
		Virtual – Making Art That Moves You - A May 6 – June 10 6 Classes Amber & Julie	In-Person – PeaceLove Expressive Arts - A May 7 – June 11 6 Classes Julie & Tanya	In-Person – Music for Self-Care - A May 8 – June 12 6 Classes Kaitlyn & Clark	
5:15 pm – 6:30 pm			Virtual – A Zest for Zentangle - A May 7 - June 11 6 Classes Julie		



Virtual



In-person at Ontario Shores



On location in the community



Recovery College Spring 2025 Schedule

Session B: June 23 – August 1

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness - A & B May 5 – July 21 (No Class May 19) 10 classes Sue & Heather	Virtual – Exploring Non-Attachment - B June 17 – July 29 (No class July 1) 6 classes Sue & Heather	Virtual – Building Self-Worth - B June 25 – July 30 6 classes Sue & Heather	Virtual – Understanding Co-Dependency - B June 26 – July 31 6 classes Sue & Heather	Virtual – Exploring S.A.D. (Seasonal Affective Disorder) - B June 27 – August 1 6 classes Sue & Heather
					Virtual – Building Better Boundaries - B June 27 – Aug 1 6 classes Keith & Chandra
10:30am-11:45am	In-Person – Advocacy - B June 23 – July 28 6 classes Keith & Chandra	In-Person – Coping with Depression - B June 17 – July 29 (No class July 1) 6 Classes Keith & Chandra	In-Person – Communication and Conflict - B June 25 – July 30 6 classes Keith & Chandra	In-Person – Overcoming Challenges - B June 26 – July 31 6 Classes Keith & Chandra	In-Person – Kintsugi: The Art of Repair - B June 27 – July 4 2 Classes Keith & Stacie
	Virtual – Media Mosaic Discussion Group - B June 23 – July 28 6 Classes Julie			Virtual – My Stories, My Voice - B June 26 – July 31 6 Classes Lori & Sue	In-Person - Visual Voices: Inspiration Through Art and Chat - B July 11 – Aug 1 4 Classes Keith & Stacie
				Virtual – Progressive Low Impact Exercise - A & B May 8 – July 31 (No class Jun 19) 12 Sessions Julie	Virtual – Beyond the Brush Acrylic Painting - B June 27 – Aug 1 6 Classes Julie



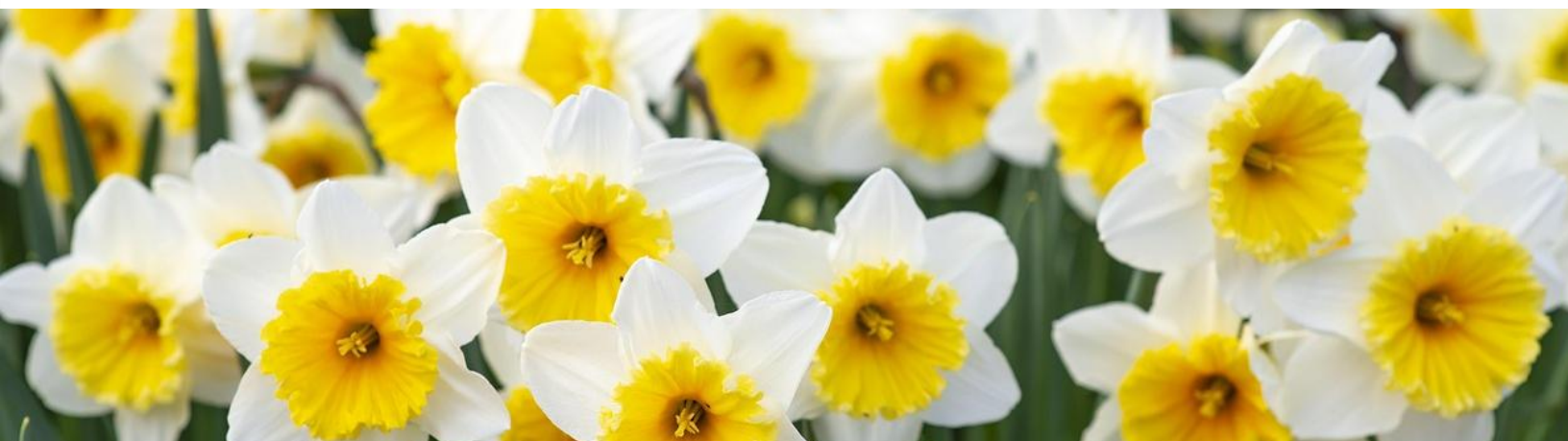
Virtual



In-person at Ontario Shores



On location in the community



Recovery College Spring 2025 Schedule

Session B: June 23 – August 1

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00-2:15pm	In-Person – Learning About Mindfulness - A & B May 5 – July 21 (No Class May 19 No class Jun 16) 10 Sessions Sue & Heather	In-Person – Exploring Non-Attachment - B June 17 – July 29 (No class July 1) 6 Classes Sue & Heather	In-Person – Building Self-Worth - B June 25 – July 30 6 Classes Sue & Heather	In-Person – Understanding Co-Dependency - B June 26 – July 31 6 Classes Heather & Bri	In-Person – Exploring S.A.D. (Seasonal Affective Disorder) - B June 27 – August 1 6 Classes Sue & Heather
	Virtual – Coping with Anxiety and Panic - B June 23 – July 28 6 Classes Keith & Chandra	Virtual – Self-Esteem Boost for Women: Pathways to Wellness and Self-Care - B June 24 – July 29 (No class July 1) 5 Classes Colleen, Chandra & Stacie	Virtual – Pursuing Dreams and Aspirations - B June 25 – July 30 6 Classes Keith & Chandra	Virtual – Maintaining Momentum - B June 26 – July 31 6 Classes Keith & Chandra	Virtual – Find Your Zen for the Weekend Yoga - A & B May 9 – August 1 (No Class June 20) 12 classes Julie
	In-Person – The Art of Craft - B June 23 – July 28 6 Classes Julie	In-Person – Art Journaling - B June 24 – July 29 (No class on July 1 or July 15) 4 Classes Julie	In-Person – PeaceLove Expressive Arts - B June 25 – July 30 6 classes Julie & Tanya	In-Person – Music for Self-Care - B June 26 – July 31 6 Classes Kaitlyn and Clark	



Virtual



In-person at Ontario Shores



On location in the community



Recovery College Spring 2025 Schedule

Session B: June 23 – August 1

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 pm - 4:15 pm		In-Person – Message Music – The Healing Principles of Reggae - B July 15 – July 29 3 Classes Clark & Keith	In-Person – Off the Wall Miniature Painting with Deb - A & B May 7 – July 30 (No class Jun 18) 12 Classes Nicole & Deb	Virtual – Discovering Watercolours - B June 26 – July 31 6 Classes Ashley & Julie	
		In-Person - Grounding In The For-Rest - B (Community Based) June 24 – July 29 (No class July 1) 5 Classes Sue & Robin			
5:15 pm – 6:30 pm			Virtual – A Zest for Zentangle - B June 25 – July 30 6 Classes Julie		



Virtual



In-person at Ontario Shores



On location in the community



Recovery College Spring 2025 Semester

May 5 – August 1, 2025

(No classes: Victoria Day - Monday, May 19 and Canada Day - Tuesday, July 1)

Session A: May 5 – June 13 | **Session B:** June 23 – August 1

Tip:
Use CTRL F
to search this
document



Course Name	Course Description
ADHD and Me Tuesdays May 6 – June 24 (Session A: 8 Classes) 1:00 pm – 2:15 pm (virtual) <i>In collaboration with Durham Mental Health Services</i>	What will we do? Whether you are diagnosed with or suspect you may be living with ADHD, we will be exploring what it is, what can impact the symptoms, what effect it can have on our lives and our relationships, as well as sharing some strategies as to how we manage it. What will we learn? <ul style="list-style-type: none"> • What is ADHD • Factors that shape and influence symptoms • Learning and understanding the diagnosis • Strategies to help manage daily life Facilitators: Keith & DMHS
Advocacy Mondays June 23 – July 28 (Session B: 6 Classes) 10:30 am – 11:45 am (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? This course will teach you how to express your views and concerns effectively, access information and services, defend and promote your rights and explore choices and options. Each week will focus on one of the following themes: <ul style="list-style-type: none"> • Advocacy and the importance of self-care • Advocating to family and friends • Advocacy within a health care setting • Advocacy within the workplace • Advocacy within the community Facilitators: Keith & Chandra
Art Journaling Tuesdays May 6 – June 10 (Session A: 6 Classes)	What will we do? Art Journaling incorporates art into basic journaling. Each week, there will be different themes that will focus on positive, self-reflective concepts that are presented in a judgement-free manner. While attending the first week, we will discuss and determine the themes for the following weeks of this group. This is very much a collaborative group. We will express our

<p>1:00 pm – 2:15 pm (in-person)</p> <p>or</p> <p>Tuesdays June 24 – July 29 (Session B: 4 Classes) 1:00 pm – 2:15 pm (in-person)</p> <p>No class July 1</p>	<p>individual creativity while working within the decided-upon theme. Upon completion, there will be time set aside at the beginning of the session for those who would like to share their pages. Participants are encouraged to continue their journaling journey outside of group time; however, this is not essential.</p> <p>As this is an in-person group, supplies will be provided each week. You may want to bring a favourite type of book to use as your journal or supplies that you are inspired by.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • An increased knowledge of art journaling and self-reflection related to the weekly themes • Engaging in various artistic techniques while completing the journal pages <p>Facilitator(s): Julie & Stacie (session A), Julie (session B)</p>
<p>The Art of Craft</p> <p>Mondays May 5 – June 9 (Session A: 5 Classes) 1:00 pm – 2:15 pm (in-person)</p> <p>No class May 19</p> <p>or</p> <p>Mondays June 23 – July 28 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <p>We craft for many reasons; to learn new ways to express ourselves, to give away art pieces as gifts or just to have fun and relax. Within these Art of Craft weekly session, we will further explore crafts using a variety of techniques and materials. The goal will be to complete the piece; however, we may create some art that will require a second session to finish.</p> <p>The goal is to learn new or re-visit crafts in a judgement-free room that also brings us together to create and share the experience with other like-minded people. This group will emphasize the creative process of utilizing crafts to create beautiful art.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To demonstrate increased knowledge of a variety of crafting styles and techniques through weekly themed projects • To recognize that we all have the ability to be artistic creators • To develop our skills and confidence when creating new art pieces <p>Facilitators: Julie</p>
<p>Beyond the Brush Acrylic Painting</p> <p>Fridays May 9 – June 13 (Session A: 6 Classes) 10:30 am – 11:45 am (virtual)</p> <p>or</p> <p>Fridays June 27 - August 1 (Session B: 6 Classes) 10:30 am – 11:45 am (virtual)</p>	<p>What will we do?</p> <p>As requested, here is a creative way to start your Friday morning...with a guided acrylic painting session. Each week we will learn a new painting technique which will be taught and then incorporated into the painting of the week. You do not need to be an experienced painter to join this group as we will all learn together, to create one-of-a-kind paintings. Remember that this is a judgement-free program as there is no right or wrong way to create! So please, give yourself some grace if it doesn't turn out the way you saw it in your mind's eye!</p> <p>Please note, this is a virtual program. You will be responsible for having the supplies on hand each week based on a supply list provided. The supply list will be as budget friendly as possible. Julie will send a suggested supply list out prior to the start of each session along with an example of the technique we will be working on.</p>

	<p>What will we learn?</p> <ul style="list-style-type: none"> • A variety of painting techniques that may include dabbing, stippling, dripping or splatter (those of you who know me, know I love to lift a page), clean lines, shapes, using stamps or found objects plus more! • The rules of composition (rule of thirds, leading lines, balance) and how to apply them in your paintings • Become more confident in your ability, skills and to trust the process to create your art • How to mix primary colours to create a wide range of secondary and tertiary colours • To join others in a judgement free, supportive and fun environment <p>Facilitators: Julie</p>
<p>Building Better Boundaries</p> <p>Fridays May 9 – June 13 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)</p> <p><u>or</u></p> <p>Fridays June 27 – August 1 (Session B: 6 Classes) 9:00 am – 10:15 am (virtual)</p>	<p>What will we do? Do you know how to identify your boundaries? Are you comfortable saying “No,” if someone crosses your boundaries? Would you like to learn how to set personal boundaries and feel confident executing them? If so, then this is the course for you!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitators: Keith & Chandra</p>
<p>Building Self-Worth</p> <p>Wednesdays June 25 – July 30 (Session B: 6 Classes) 9:00 am – 10:15 am (virtual)</p> <p><u>or</u></p> <p>Wednesdays June 25 – July 30 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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, overcome negative self-talk <p>Facilitators: Sue & Heather</p>
<p>Communication and Conflict</p> <p>Wednesdays May 7 – June 11 (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)</p>	<p>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 to learn strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others.</p>

<p><u>or</u></p> <p>Wednesdays June 25 – July 30 (Session B: 6 Classes) 10:30 am – 11:45 am (in-person)</p>	<p>What will we learn?</p> <ul style="list-style-type: none"> • We will identify types of conflict and how this can impact our relationships • We will also learn skills to enhance our communication styles • We will teach each other new techniques by sharing what has worked for us <p>Facilitators: Chandra & Stacie</p>
<p>Coping with Anxiety and Panic</p> <p>Tuesdays May 6 – June 10 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)</p> <p><u>or</u></p> <p>Mondays June 23 – July 28 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)</p>	<p>What will we do?</p> <p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • We will speak generally about what happens in the body during anxiety and panic attacks, and why the unpleasant symptoms occur in order to decrease fear during an attack • We will also learn tools for dealing with anxiety in general • We will teach each other new techniques by sharing what has worked for us <p>Facilitators: Keith & Chandra</p>
<p>Coping with Depression</p> <p>Tuesdays June 17 – July 29 (Session B: 6 Classes) 10:30 am – 11:45 am (in-person)</p> <p>No class July 1</p>	<p>What will we do?</p> <p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitators: Keith & Chandra</p>

<p>Discovering Watercolours</p> <p>Thursdays May 8 – June 12 (Session A: 6 Classes) 3:00 pm – 4:15 pm (virtual)</p> <p><u>or</u></p> <p>Thursdays June 26 - July 31 (Session B: 6 Classes) 3:00 pm – 4:15 pm (virtual)</p>	<p>What will we do?</p> <p>In this course you will learn something new each week about creating with watercolours. Weekly, you will be working on a watercolour skill that you can use to finish your work in progress during the rest of the week. There will be a short opportunity at the beginning of the next paint session to share your completed piece if you wish. At the end of this course, you will have a beautiful collection of watercolour pieces that you have created.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • You will learn various ways to use watercolour paints • This is a judgement free zone; the goal is to enjoy the process and have fun • Patience, as you can't rush a watercolour painting • Building your creativity and self-esteem while expressing yourself through art <p><i>*Please note that the supplies for this group are not provided. Julie will send a suggested supply list out prior to the start of each session.</i></p> <p>Facilitators: Julie & Ashley</p>
<p>Dynamics of Discharge</p> <p>Tuesdays May 6 – June 10 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitators: Nicole & Chandra</p>
<p>Empowering Caregivers: Navigating Compassion, Advocacy & Well-Being</p> <p>Wednesdays May 7 – June 11 (Session A: 6 Classes) 10:30 am – 11:45 am (virtual)</p>	<p>What will we do?</p> <p>Through this series of six classes, we will learn about recovery-oriented principles that promote and reinforce self-care, resilience, and strengths in family caregivers. We will learn how to leverage these perspectives to navigate around, or even navigate “through,” scenarios and issues we encounter as we care for our loved ones. Family caregivers will also work with a Bioethicist to become familiar with the Mental Health Act and the role of a Substitute Decision Maker. There will also be an opportunity to speak freely amongst those with lived experience.</p>

	<p>What will we learn?</p> <ul style="list-style-type: none"> • How practice self-compassion and self-care in the role as caregivers • How to demystify the Mental Health Act and discuss how to advocate for yourself and your loved one • Learning the role and rights of acting as a Substitute Decision Maker <p>Facilitators: Nicole & Tracey</p>
<p>Exploring Non-Attachment</p> <p>Tuesdays June 17 – July 29 (Session B: 6 Classes) 9:00 am – 10:15 am (virtual)</p> <p><u>or</u></p> <p>Thursdays June 17 – July 29 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person) No class July 1</p>	<p>What will we do?</p> <p>The purpose of this program is to engage in both discussions with our peers and with the curriculum to learn and bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences and 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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • We will explore attachment theories • What is non-attachment • Buddhist principles of non-attachment • Ways to practice non-attachment <p>Facilitators: Sue & Heather</p>
<p>Exploring S.A.D. (Seasonal Affective Disorder)</p> <p>Fridays June 27 – August 1 (Session B: 6 Classes) 9:00 am – 10:15 am (virtual)</p> <p><u>or</u></p> <p>Fridays June 27 – August 1 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <p>In this class we will learn about Seasonal Affective Disorder (S.A.D.). As the seasons shift, many experience fatigue, low mood, and a lack of motivation. If you would like to learn more about S.A.D. and explore causes and treatments this could be the class for you.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is S.A.D. • Fall/Winter S.A.D. • Spring/Summer S.A.D. • Causes and risk factors • Who is at risk • How S.A.D. is treated <p>Facilitators: Sue & Heather</p>
<p>Find Your Zen for the Weekend Yoga</p> <p>Fridays May 9 – August 1 (Session A & B: 12 Classes) 1:00 pm – 2:15 pm (virtual)</p> <p>No class June 20</p>	<p>What will we do?</p> <p>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, concentrating 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).</p> <p>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.</p>

	<p>What will we learn?</p> <ul style="list-style-type: none"> Becoming more aware of the mind and body connection in relation to stress and ways to release it Maintaining 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 <p>Facilitator: Julie</p>
<p>Funky Junk to Garden Gold</p> <p>Tuesdays May 6 – June 10 (Session A: 6 Classes) 10:30am – 11:45am (in-person)</p>	<p>What will we do?</p> <p>We want to take you on a journey from start to finish of the different stages of composting, until we reach our final product, enriched fertilizer. This fertilizer will be used in our gardens around the facility and in the Beez Kneez Garden to grow a bounty of our own food. This six-session course will be part theoretical and part hands on. The best part? You get to play with dirt, plant some seeds of your choice and admire the ‘garden gold’ in action. As this is our first-time composting, we will be learning together. By the end of this course, we hope that we will have inspired you to do a little more when it comes to keeping as much waste from going to landfills, gain an appreciation for composting and encourage you to think about where and from what soil conditions your food comes from.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> Understanding of your carbon footprint What is recycling and what is compost What can go into a compost How to layer a compost – Brown vs Green The carbon/nitrogen cycle Understanding of a closed loop cycle The 4 stages of composting How to use compost in gardens Benefits of growing vegetables in ‘garden gold’ How to continue to do your part in becoming greener How to compost – creating fertile soil (having fun making dirt) <p>Facilitators: Joseph & Noelle</p>
<p>Glimmers, Spoon, Fork, Knife Theory</p> <p>Wednesdays May 7 – June 11 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>Wednesdays May 7 – June 11 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <p>In this group we will explore emotional resilience and how it impacts our lives. We will discover how glimmers can help to regulate your nervous system. We will learn how to recognize your five senses to notice glimmers and learn how to nourish authentic connections with ourselves and others.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> The difference between glimmers and triggers How to use glimmers to stay in the present How to use glimmers to reduce your stress How to use glimmers to connect with the world around you <p>Facilitators: Sue & Heather</p>

<p>Grounding in the For-Rest</p> <p>Tuesdays May 6 – June 10 (Session A: 6 Classes) 3:00 pm – 4:15 pm (community)</p> <p><u>or</u></p> <p>Tuesdays June 24 – July 29 (Session B: 5 Classes) 3:00 pm – 4:15 pm (community)</p>	<p>What will we do? In this mindfulness steps group, we will be combining the physical activity of hiking with the practice of mindfulness and creating a holistic experience that nurtures both body and mind.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Mind-Body Connection: Integrating physical activity with mindfulness practices strengthen the mind-body connection, enhancing overall well-being • Guided Meditation: Before setting off on the hike, there might be a guided meditation session to help students center themselves and cultivate awareness of the present moment • Mindful Walking: During the hike, students practice mindful walking, focusing on each step and the sensations of movement. This involves being fully present in the experience without judgment or distraction • Sensory Awareness: Throughout the hike, individuals are encouraged to engage their senses fully observing the sights, sounds, smells, and textures of the natural environment. This heightened sensory awareness enhances the mindfulness experience <p>Facilitators: Sue and Robin</p>
<p>Hand Building Pottery with Maureen</p> <p>Fridays May 9 – June 13 (Session A: 6 Classes) 10:30 am – 12:00 pm (in-person)</p> <p>Capacity 6</p>	<p>What will we do? In this six-session hand-building pottery course, we'll explore the fundamentals of working with clay. You will create small functional or decorative projects using hand-building techniques, and experiment with textures to add unique details to your pieces. In the final sessions, we'll apply glazes to bring your creations to life before they are fired in the kiln.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To use techniques like pinch and slab construction • To understand how clay behaves, how to refine and texture surfaces, and how different glazes interact in the firing process • This course will help you build confidence in working with clay and expressing your creativity <p>Facilitators: Maureen & Chandra</p>
<p>Introduction to Mindfulness Practice</p> <p>Tuesdays May 13 – June 17 (Session A: 6 Classes) 10:30 am – 11:45 am (community)</p> <p>This course will take place in-person at: Ajax Public Library Main Branch 55 Harwood Ave. S. Ajax, ON L1S 2H8</p>	<p>What will we do? This 6-week course offers an introduction to mindfulness, exploring its roots and contemporary applications. Designed for individuals who want to reduce stress, enhance well-being, and create lasting mindfulness practices, this course combines theory with opportunities for practice. By the end of the course, participants will have the tools and knowledge to build their own mindfulness routines to ease distress and cultivate greater presence and calm in their daily lives.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The science of mindfulness • The techniques of mindfulness practices, including meditation, body scans, and mindful movement • How to integrate informal mindfulness practices such as mindful eating and walking, into daily life

	<ul style="list-style-type: none"> How to create a personalized mindfulness plan by the end of the course to support long-term practice How to access mindfulness resources <p>Facilitators: Nicole & Robin</p>
Kintsugi: The Art of Repair Fridays June 27 – July 4 (Session B: 2 Classes) 10:30 am – 11:45 am (in-person)	<p>What will we do?</p> <p>The idea behind the Japanese art of Kintsugi is to take what's broken and turn it into something new and unique by embracing and highlighting its cracks and flaws. We will spend time repairing a piece of pottery and painting the cracks with gold paint to create a new piece of art while reflecting on our own scars and imperfections. All materials provided.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> To celebrate our history and the strength in healing How to create something new out of something broken A sense of calm and focus Gratitude and acceptance <p>Facilitators: Stacie & Keith</p>
Learning about Mindfulness Mondays May 5 – July 21 (Session A & B: 10 Classes) 9:00 am – 10:15 am (virtual) <u>or</u> Mondays May 5 – July 21 (Session A & B: 10 Classes) 1:00 pm – 2:15 pm (in-person) No class May 19 and June 16	<p>What will we do?</p> <p>Mindfulness is a tool that you can put in your tool belt to help you manage difficult situations and bring you back to the present moment. In this group, we will engage in both discussions with our peers and with the curriculum to learn about the 9 attitudes of mindfulness to help us set the stage for positive emotional experiences.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn To stay in the present in order to foster a positive and comfortable emotional state <p>Facilitators: Sue & Heather</p>
Maintaining Momentum Wednesdays May 7 – June 11 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) <u>or</u> Thursdays June 26 – July 31 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	<p>What will we do?</p> <p>Are you looking to make progress with your wellness and to avoid setbacks? This group will discuss strategies to maintain gains, minimize obstacles and reduce reversals to achieving our recovery goals.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> 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 <p>Facilitators: Keith & Chandra</p>

<p>Making Art that Moves You</p> <p>Tuesdays May 6 – June 10 (Session A: 6 Classes) 3:00 pm – 4:15 pm (virtual)</p>	<p>What will we do? Making art is incredibly personal and only limited by our own imagination. This new program - Making Art that Moves You is a virtual, 6-week program that hopes to inspire you.</p> <p>Each week we will begin with a guided meditation to allow ourselves to slow our minds and settle into our session. We will provide you with a new artistic prompt/theme in advance and we invite you to use whatever supplies you have on hand to create with. You might choose paint, photographs, markers or fabric, beads and bubble wrap. The choice is up to you, what you are inspired by and what you are passionate about. There is no wrong way to create art that moves you!</p> <p>Following our creation time, we will each have an option to share our inspiration piece with the group.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To discover what our sense of what art is and learn how to develop it into a piece that we can appreciate • To recognize that we all have the ability to be artistic makers and there are no wrong ways to create • To develop our artistic skills and confidence to create new artwork <p>Facilitators: Julie & Amber</p>
<p>Managing Anger</p> <p>Fridays May 9 – June 13 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) <u>or</u> Fridays May 9 – June 13 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? In this course we will explore the emotion of anger and how it impacts us within our relationships both others, and ourselves, along with the impact physically on our body. The course is filled with practical wisdom along with techniques that will assist individuals to explore the emotion of anger but more importantly what are the emotions that lie underneath the anger.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is anger • Emotions that lie underneath the anger • Tools that help support and manage our emotions • Looking at the aggression cycle <p>Facilitators: Sue & Heather</p>
<p>Many Faces of Ego</p> <p>Tuesdays May 6 – June 10 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) <u>or</u> Tuesdays May 6 – June 10 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? In this group we will have discussion on how ego shapes how we see ourselves and interact with the world, but is it helping or hindering our growth? In this group we will explore the different faces of ego, from the inner critic to people pleaser, and how they impact our relationships, decisions, and sense of self.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is ego • Many faces of ego • Transcending the ego • Signs of ego • Attachment and ego • Letting go of ego <p>Facilitators: Sue & Heather</p>

<p>Media Mosaic Discussion Group</p> <p>Mondays June 23 – July 28 (Session B: 6 Classes) 10:30 am – 11:45 am (virtual)</p>	<p>What will we do? What started out as a no pressure book club has grown into a forum to share interesting things you have been/are reading or have listened to. If you are inspired and decide you want to bring a book or magazine article forward...this is the class for you. Not only will we learn about new authors, intriguing subjects and new to you podcasts, we will share conversations with like-minded people without having to leave home to do it!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To call to mind our love of learning and sharing what we learned with others • To increase the amount that we are developing our literacy - by reading a magazine article or book, listening to a podcast or audio book or watching a documentary • To develop our confidence when speaking in a group and sharing information <p>Facilitator: Julie</p>
<p>Message Music – The Healing Principles of Reggae</p> <p>Tuesdays July 15 – July 29 (Session B: 3 Classes) 3:00 pm – 4:15 pm (in-person)</p>	<p>What will we do? Reggae music stands out for its intentional positivity and spiritual depth within a popular music structure. The genre in itself transcends mere entertainment, serving as a powerful vehicle for social change and cultural expression. It also offers a lot of healing principles.</p> <p>The enduring influence of artists like Bob Marley and many others stem from their ability to speak about solutions and remind listeners of life's important choices making reggae more than just a passing trend. This music serves as a constant reminder of alternative perspectives and the power of positive change, resonating with audiences across generations and cultures worldwide. Join us for good vibes to leave you feeling irie!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Overall historic overview of the genre • Exploring the "Roots" era of reggae music • The genius of Bob Marley • The aspects that reggae has influenced in popular culture worldwide • Dissecting influential artists, essential albums, songs and how they describe a lifestyle <p>Facilitators: Clark & Keith</p>
<p>The Mirror & The Plate: Exploring Our Relationship with Body Image & Food</p> <p>Mondays May 5 – June 16 (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)</p> <p>No class May 19</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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

	<ul style="list-style-type: none"> • 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 <p>Facilitators: Stacie & Keith</p>
<p>Music for Self-Care</p> <p>Thursdays May 8 – June 12 (Session A: 6 Classes) 3:00 pm – 4:15 pm (in-person)</p> <p><u>or</u></p> <p>Thursdays June 26 – July 31 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <p>In this skill and resource development-based course we will practice and discuss ways to use music to support our own health and well-being. Participants will be encouraged to reflect on the role of music in their lives and how it can be a personal strength. Activities will include music listening and mindfulness, class discussions, singing, instrument playing, lyric and playlist creation. No musical experience is needed to benefit from this course though an interest in music and a willingness to try new things is encouraged. All materials/instruments will be provided though you are welcome to bring your own instruments as well.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • How music can impact mood, release stress, and encourage relaxation • Mindful listening • Understand music as a tool for self-expression through instrument playing, lyric writing, and/or singing • How to create your own music for self-care routine/plan for everyday use <p>Facilitators: Kaitlyn & Clark</p>
<p>My Stories, My Voice</p> <p>Thursdays May 8 – June 12 (Session A: 6 Classes) 10:30 am – 11:45 am (virtual)</p> <p><u>or</u></p> <p>Thursdays June 26 - July 31 (Session B: 6 Classes) 10:30 am – 11:45 am (virtual)</p>	<p>What will we do?</p> <p>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 towards feeling comfortable and confident with sharing your work in progress in front of a group of peers while accepting gentle feedback in order to make your story the best it can be.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 • Have the opportunity to share your story in progress with your group of peers • Tell your story during the final session of the course <p>Facilitators: Sue & Lori</p>

<p>Off the Wall Miniatures Painting with Deb</p> <p>Wednesdays May 7 – July 30 (Session A & B: 12 Classes) 3:00 pm – 4:15 pm (in-person) No class June 18</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitators: Debbie & Nicole</p>
<p>Overcoming Challenges</p> <p>Fridays May 9 – June 13 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>Thursdays June 26 – July 31 (Session B: 6 Classes) 10:30 am – 11:45 am (in-person)</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The inevitability of facing life challenges • Strategies for accepting your life exactly as it is • Learning to let go of things beyond our control • How to deal with difficult people • Handling difficult questions pertaining to our mental health • Strategies for dealing with bullying • How to advocate for yourself <p>Facilitators: Keith & Chandra</p>
<p>Own Your Awesome: Building Self-Esteem</p> <p>Thursdays May 8 – June 12 (Session A: 6 Classes) 1:00 pm – 2:15 pm (community)</p> <p>This course will take place in-person at: Clarington Public Library Bowmanville Branch 163 Church St Bowmanville, ON L1C 1T7</p>	<p>What will we do? Do you ever find yourself wondering how to feel more secure, confident, or purposeful in life? This course is all about exploring what makes you you—and learning how to love and trust that person. Through thoughtful discussions and hands-on activities, we'll dive deep into five core areas that shape self-esteem.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • How to feel safe and grounded within yourself, even when life throws curveballs • Who you are at your core and why that's more than enough • How to connect meaningfully with others while staying true to yourself

	<ul style="list-style-type: none"> • What drives and inspires you, helping you find meaning in everyday life • How to build confidence in your skills and celebrate your unique strengths <p>Facilitators: Nicole & Brook</p>
<p>PeaceLove Expressive Arts</p> <p>Wednesdays May 7 - June 11 (Session A: 6 Classes) 3:00 pm – 4:15 pm (in-person)</p> <p><u>or</u></p> <p>Wednesdays June 25 – July 30 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? Welcome to PeaceLove! We know that when we make stuff, we feel better! Each week we will create a piece that is based on a different theme and discover the connection to the person who made it. We will take a journey that invites us to consider each person's unique story. PeaceLove is about sharing stories, finding your voice, making meaningful connections and discovering new tools for personal awareness and recovery. Themes will vary, all supplies will be supplied. You do not need to be creative...just willing to participate! This group is spontaneously creative, judgment free and open to all! All supplies needed will be waiting for you.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Learn to actively connect our emotions to our artistic expressions • Promote mental wellness by using creativity and expression to inspire, heal, and communicate • Build confidence to continue to practice expressive art after the session has ended for continued benefit <p>Facilitators: Julie & Tanya</p>
<p>Progressive Low Impact Exercise</p> <p>Thursdays May 8 – July 31 (Session A & B: 12 Classes) 10:30 am – 11:45 am (virtual)</p> <p>No class June 19</p>	<p>What will we do? This program will combine discussion, demonstration and instruction to ensure that everyone gets more physically active while challenging their level of fitness. Each week we will complete a 70 to 75-minute exercise program, working at each individual's ability. You will be reminded to listen to your body, do what you can and take breaks when you need. There is no judgement by anyone in the class related to the fitness levels of others.</p> <p>This program will consist of a warmup, resistance training in an active rest format and a cool down for a full body workout. For each class, please have a non-wheeled chair available along with water to drink and some type of resistance equipment available such as light weight hand weights, resistance bands or food cans/full water bottles.</p> <p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Learn new exercise options that do not involve going to the gym and that are safe to do

	<ul style="list-style-type: none"> • Develop a new exercise routine that can be done at home with minimal equipment • Confidently become more physically active <p>Facilitator: Julie</p>
<p>Pursuing Dreams and Aspirations</p> <p>Thursdays May 8 – June 12 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)</p> <p>or</p> <p>Wednesdays June 25 – July 30 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)</p>	<p>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 towards utilizing skills to help achieve goals, dreams and aspirations in spite of mental health challenges that we may face.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • In a supportive environment, students will learn how to take next steps towards overcoming obstacles and reaching their goals while utilizing specific, measurable, attainable, realistic, and timely approaches (SMART Goals) <p>Facilitators: Keith & Chandra</p>
<p>Recognizing Basic Goodness and Happiness Within</p> <p>Wednesdays May 7 – June 25 (Session A: 8 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? Sometimes when we are faced with adversity and challenges in our lives, especially when it comes to our mental health, it is easy to get discouraged and have an outlook of doom and gloom as we try to move forward in our recovery journeys. This course offers a look at life through a lens that we are all whole and complete with everything we need to give something wonderful back to the world. Plenty of examples, videos, group discussion, and helpful practices will be incorporated into the course.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • In a supportive environment, students will gain a new perspective with coping with difficulties and challenges and how to apply them to our daily lives <p>Facilitators: Keith & Galen</p>
<p>Self-Esteem</p> <p>Mondays May 5 – June 16 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)</p> <p>No class May 19</p> <p>or</p> <p>Thursdays May 8 – June 12 (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)</p>	<p>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 look at strategies to challenge negative or inaccurate thinking.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is self-esteem and ways to build it • Factors that shape and influence self-esteem • How to communicate assertively • Ways to set healthy boundaries, etc. <p>Facilitators: Keith & Chandra (in-person), Stacie & Chandra (virtual)</p>

<p>Self-Esteem Boost for Women: Pathways to Wellness and Self-Care</p> <p>Tuesdays June 24 – July 29 (Session B: 5 Classes) 1:00 pm – 2:15 pm (virtual) No class July 1</p>	<p>What will we do? Explore the transformative journey of enhancing self-esteem and nurturing wellness in the "Self-Esteem Boost: Pathways to Wellness and Self-Care" course. Designed for individuals seeking to cultivate a deeper understanding of themselves and their needs, this course blends practical strategies with personal insights to foster personal growth and resilience.</p> <p>Throughout this course, participants will embark on a guided exploration of key themes including self-awareness, self-compassion, and effective self-care practices. By exploring these areas, students will learn how to recognize and challenge negative self-perceptions, develop healthier thought patterns, and cultivate a positive self-image.</p> <p>Join us on a transformative journey toward self-discovery and empowerment. Embrace the power of self-esteem, unlock pathways to wellness, and elevate your self-care practices in a course designed to inspire lasting personal transformation.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitators: Colleen, Chandra & Stacie</p>
<p>Understanding Co-Dependency</p> <p>Thursdays June 26 – July 31 (Session B: 6 Classes) 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>Thursdays June 26 – July 31 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? Are you ready to reclaim your sense of self and build healthier relationships? This 6-week group has been designed for those who struggle or want to learn more about co-dependency, whether in family dynamics, friendships, or romantic relationships.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is co-dependency • Signs of co-dependent behaviours • Effects of co-dependency on our mental, physical, and spiritual health • Exploring boundaries within co-dependency • Learn skills and tools for dealing with co-dependency <p>Facilitators: Sue & Heather (virtual), Heather & Bri (in-person)</p>
<p>Understanding Core Beliefs</p> <p>Thursdays May 8 – June 12 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual)</p> <p>or</p>	<p>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.</p>

<p>Thursdays May 8 – June 12 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we learn?</p> <ul style="list-style-type: none"> • 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, maintaining our recovering wellness <p>Facilitators: Sue & Heather</p>
<p>Visual Voices: Inspiration Through Art and Talk</p> <p>Fridays July 11 – August 1 (Session B: 4 Classes) 10:30 am – 11:45 am (in-person)</p>	<p>What will we do? Would you like to combine hands-on creativity with meaningful peer discussion? This course invites you to explore artistic and therapeutic outlets such as colouring, painting, vision boarding, etc. in a friendly, community setting. Materials and music will be provided.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Discover or refine artistic skills • Celebrate the joy of making art together • Learn how to set goals and visualize your dreams through vision boarding • A sense of calm and focus • A sense of belonging and support • Self-expression through open chat and art <p>Facilitators: Keith & Stacie</p>
<p>WRAP: Wellness Recovery Action Plan</p> <p>Thursdays May 8 – June 19 (Session A: 7 Classes) 1:00 pm – 3:00 pm (in-person)</p>	<p>What will we do? Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, we will build a kit to:</p> <ul style="list-style-type: none"> • Discover simple, safe, and effective tools to create and maintain wellness • Develop a daily plan to stay on track with your life and wellness goals • Identify what throws you off track and develop a plan to keep moving forward • Gain support and stay in control even in a crisis <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 by building a wellness toolkit • How to identify warning signs and when our mental health is breaking down • Taking accountability for our daily wellness and being able to identify triggers and warning signs of when we become unwell • Crisis planning <p>Facilitators: Keith, Tanya and Peter</p>

<p>Write On!</p> <p>Mondays May 5 – June 9 (Session A: 5 Classes) 10:30 am – 11:45 am (virtual)</p> <p>No class May 19</p>	<p>What will we do? Each week we will explore a different writing style; learn how they are used and then create short, written pieces using this style of writing. The 5 basic writing styles we will be looking at include:</p> <ul style="list-style-type: none"> • <u>Expository</u> - a type of writing that is used to explain, describe, and give information and uses evidence, details, and facts to support the topic • <u>Persuasive</u> - is a form of written arguments designed to convince, motivate, or sway readers toward a specific point of view or opinion on a given topic • <u>Narrative</u> - is a style that allows the writer to tell a story • <u>Descriptive</u> - is writing in which the author's intent is to create a vivid image of what he/she is describing in the mind of the reader • <u>Creative</u> - is any kind of writing that employs creative literary or poetic techniques in the service of either fiction or non-fiction writing <p>At the end of each session, you are invited to share a snippet of what you have written with the group, though sharing is never required.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To expand our knowledge related to 5 different writing styles • To engage in new forms of creative, positive expression through writing short pieces • To express ourselves through writing, while we have fun expanding our creativity! <p>Facilitator: Julie</p>
<p>A Zest for Zentangle</p> <p>Wednesdays May 7 – June 11 (Session A: 6 Classes) 5:15 pm – 6:30 pm (virtual)</p> <p>or</p> <p>Thursdays June 25 – July 30 (Session B: 6 Classes) 5:15 pm – 6:30 pm (virtual)</p>	<p>What will we do? The main goal of Zentangle inspired art and use of repetitive patterns is to help you relax, reduce stress, and to achieve a meditative state. And of course, in the process, we also create a unique to you art piece that can be done anywhere. It is an easier to learn art styling that can be quite focusing which can lead you to enter flow. It originally focused on using small square and creating abstract designs. And it's more than just a plan doodle.</p> <p>ZIA will allow us to use different tangles and images that are more inspiring and interesting as they begin to develop. Images that we have done in the past include nature, animals and a light house that we filled with repetitive patterns to create a beautiful art piece.</p> <p>Build your own small art kit to take with you, so you can practice this art form wherever you are. Julie will send a suggested supply list out prior to the start of each session.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • An increased knowledge of various Zentangle patterns, tangles and art • An increased knowledge that slow drawing and patterns can create a more relaxed state of mind • This is a judgement free zone; the goal is to enjoy the process and have fun <p>Facilitator: Julie</p>



Ontario Shores
Centre for Mental Health Sciences

Discovery. Recovery. Hope.