



Ontario Shores Centre for Mental Health Sciences

Course List

Virtual Recovery College Offerings: Winter semester

***You may register for a maximum of 4 courses.**

Joining waitlists does not count towards your 4 selections.

Anxiety and Panic

What will we do?

This is a peer-led 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 you learn?

- 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.

Facilitators: Keith & James

Day of the week: Friday 1:00pm-2:15pm

of sessions: 6

February 25 - April 1, 2022

Location: Online

Dates: 25-Feb-2022 / 01-Apr-2022

Building Better Boundaries

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!

What will you 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.

Facilitators: James & Keith

Day of the week: Wednesday 1:00pm-2:15pm

of sessions: 6

January 5 - February 9, 2022

Location: Online

Dates: 05-Jan-2022 / 09-Feb-2022

Building Resiliency

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 resiliency is
- To identify and learn how to apply resiliency skills to current and future stressors

Facilitators: Holly & Heather

Day of the week: Tuesday 9:00am-10:15am

of sessions: 12

January 4 - March 29, 2022

****No class February 15**

Location: Online

Dates: 04-Jan-2022 / 29-Mar-2022

CMHA Collaboration - Coping with Depression

What will we do?

If you are interested in developing a new Recovery College program to assist others who experience depression, or if you are supporting someone who struggles with depression, then this is the group for you!

You are an expert on your own mental health journey, and we greatly value this expertise! As like-minded peers, we will come together brainstorming ideas and developing content for this course to be presented in future Recovery College semesters!

We will collectively decide on a course name, content and topics, and how to engage participants who join. We can't wait to learn and create alongside you!

What will we learn?

- Co-design skills and the Recovery College philosophy.
- How to leverage personal experiences as a source of strength and value.
- How to apply the principles of co-design, lesson planning, and how to work effectively in a group while producing and/or sourcing course content.
- How to help meet the mental health needs of your peers by creating a new, innovative and interactive course.

Facilitators: James, Keith & Marie

Day of the week: Monday 1:00pm-2:15pm

of sessions: 8

January 10 - February 28, 2022

Location: Online

Dates: 10-Jan-2022 / 28-Feb-2022

Committing to a Healthier Lifestyle

What will we do:

The purpose of this program is to encourage each participant to learn about complimentary nutritional and physical fitness information while participating in a group discussion and fitness program. It has been proven that maintaining a healthy lifestyle decreases the risk of various illnesses and diseases, while increasing personal well-being. Studies also demonstrate that participants succeed more frequently when support systems are accessible to them. In this case, the support system includes the peer group aspect and the support of the Registered Dietitian and Recreation Therapist/Personal Trainer who facilitate this group.

What will we learn:

- Each weekly session will have goals specific to the activity.
- To identify strategies that enables an increase in physical activity and improved dietary habits through weekly discussion and goal identification.
- To develop, maintain and/or increase personal balance in healthy lifestyle through continuous participation in this program while meeting their goals.
- The participant will actively and fully participate in both the discussion and physical segment of this weekly program.

Facilitators: Julie & Joanna

Day of the week: Tuesday 10:30am-11:45am

of sessions: 8

January 4 - February 22, 2022

Location: Online

Dates: 04-Jan-2022 / 22-Feb-2022

Conflict Resolution

What will we do?

Conflict resolution is a way for two or more parties to find a peaceful solution to a disagreement among them. The disagreement may be personal, financial, political, or emotional. When a dispute arises, often the best course of action is negotiation to resolve the disagreement. In this course we will look at the different skills needed to effectively respond to and resolve issues related to conflict.

What will you learn?

- A conflict is more than just a disagreement
- Conflicts continue to fester when ignored
- How we respond to conflicts based on our perceptions
- Conflicts can trigger strong emotions
- Conflicts are an opportunity for growth

Facilitators: James & Keith

Day of the week: Wednesday 1:00pm-2:15pm

of sessions: 5

February 23 - March 23, 2022

Location: Online

Dates: 23-Feb-2022 / 23-Mar-2022

DMHS Collaboration - Conquering Loneliness

What will we do?

This program will explore the difference between being alone and feeling lonely. It will encourage peer discussion about the challenges of feeling disconnected from others and brainstorm ways to decrease feelings of loneliness and increase meaningful connections in our lives.

What will you learn?

The group will provide a supportive environment in which to practice new communication skills and foster the confidence needed to reach out to others.

Facilitators: James, Keith & Tanya

Day of the week: Tuesday 1:00pm-2:15pm

of sessions: 6

January 4 - February 8, 2022

Location: Online

Dates: 04-Jan-2022 / 08-Feb-2022

DMHS Collaboration - Understanding Fear

What will we do?

This peer led group is intended to help people understand the many facets of fear, including the positive and negative attributes, traits, causes, and treatment.

What will you learn?

Participants will learn what fear is and how to recognize what fear feels like physically and emotionally. This group will help people to identify unhelpful responses to fear stimuli and explore strategies to combatting it.

Facilitators: James, Keith & Tanya

Day of the week: Tuesday 1:00pm-2:15pm

of sessions: 4

February 22 - March 15, 2022

Location: Online

Dates: 22-Feb-2022 / 15-Mar-2022

Exploring Core Beliefs

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 perusing, maintaining our recovering wellness

Facilitators: Sue & Heather

Day of the week: Thursday 9:00am-10:15am

of sessions: 6

February 24 - March 31, 2022

Location: Online

Dates: 24-Feb-2022 / 31-Mar-2022

Finding Happiness and Joy Through Flow

What will we do?

When you think about happiness and joy, does it make you wonder about what those words really mean? Does it make you think about how you would like to feel this way more often? Or, what is flow exactly? In this 4-week group we will look at the differences between happiness, joy and the psychology behind them. We will explore factors that create these emotions but also obstacles that can make it difficult. We will consider how our awareness of these emotions influence our mental and physical health. And finally, we will look at how flow impacts our recovery and well-being.

What you will learn:

- Why are happiness, joy and flow so important?
- Is there a relationship between mental health, happiness and joy?

Facilitators: Julie & Nicole

Day of the week: Tuesday 10:30am-11:45am

of sessions: 4

March 3 - March 25, 2022

Location: Online

Dates: 03-Mar-2022 / 25-Mar-2022

Horticulture

What will we do?

Interacting with the natural world around us has many therapeutic benefits. It can make us feel more connected to the Earth, give us something to nurture, as well as other therapeutic benefits to improve well-being. Within this five-week program, participants will engage in a variety of nature-based interventions that provide them with the opportunity to broaden their knowledge of Canadian plants and to connect with others and the Earth. Activities will include a combination of nature-based games, plant education, and expressive arts.

What will you learn?

- Participants will increase their knowledge of Canadian Grown Plants
- Participants will increase positive feelings about self
- Participants will experience the potential benefits of how nature can improve one's well-being.
- Participants will create connections between nature and the human condition

Facilitators: Emily & Noelle

Day of the week: Monday 10:30am-11:45am

of sessions: 5

January 4 - March 29, 2022

Location: Online

Dates: 10-Jan-2022 / 07-Feb-2022

Learning About Mindfulness

What will we do?

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.

What will we learn?

- The 9 attitudes of mindfulness from Jon Kabat-Zinn
- To stay in the present in order to foster a positive and comfortable emotional state

Facilitators: Sue & Heather

Day of week: Monday 9:00am-10:15am

of sessions: 12

January 10 - March 28, 2022

Location: Online

Dates: 10-Jan-2022 / 28-Mar-2022

Memento Mori - Grief Journeys

Grief is a universal human experience. In this 5-week Peer-Facilitated Support Group we will share tales of our departed loved ones while also remembering to cherish our own lives during our own grief journeys. Reflecting on how our senses can ground us in the present moment, we will explore Grief through different perceptions while sharing ways to tolerate, and adapt to, this transitional time.

Facilitators: James & Laurene

Day of the week: Tuesday 10:30am-11:45am

of sessions: 5

March 1, 2022 - March 29, 2022

Location: Online

Dates: 01-Mar-2022 / 29-Mar-2022

My Story My Voice

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 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.

What will you 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
- Have the opportunity to share your story in progress with your group of peers
- Tell your story during the final session of the course

Facilitators: Sue, Tanya, Lori

Day of the week: Thursday 10:30am-11:45am

of sessions: 8

January 13 - March 3, 2022

Location: Online

Dates: 13-Jan-2022 / 03-Mar-2022

Open Peer Discussion

What will we do:

During this unprecedented time, it is important now, more than ever, to maintain connections with like-minds, those that are a part of our peer support system. The purpose of this open discussion workshop is to touch base virtually and learn from one another by sharing how we're managing during this difficult time.

What will we learn:

In this group we will learn to support one another in our recoveries in a safe and confidential environment, and discuss how connection plays a vital role in our mental health.

Facilitators: Keith & James

Day of the week: Friday 1:00pm-2:15pm

of sessions: 6

January 7 - February 11, 2022

Location: Online

Dates: 07-Jan-2022 / 11-Feb-2022

Overcoming Challenges

What will we do?

It is all too common for individuals living with mental illness and addiction issues to be faced with many challenges in society. Although 1 in 5 Canadians will commonly experience a mental illness at some point in their lifetime, we still find ourselves facing discrimination and feel devalued in most everyday environments, including schools, the workplace, healthcare settings, urban communities, and even amongst our own families and friends.

In this course we will explore a wide variety of ways of how we can collectively work towards combatting stigma and equip ourselves with the education needed to work towards a societal changed behaviour of acceptance.

What will you learn?

- What is stigma and the impact it has in our communities
- Tips and tools to help combat stigma
- How to deal with difficult people
- How to face difficult questions
- Combat bullying
- How to help educate others

Facilitators: James & Keith

Day of the week: Thursday 1:00pm-2:15pm

of sessions: 6

January 6 - February 10, 2022

Location: Online

Dates: 06-Jan-2022 / 10-Feb-2022

Painting workshop #1

What will we do?

Warm up with this beach themed landscape! Within this workshop we tap into your creativity through a step by step guided painting. In this guided painting experience you will be able to create your one of a kind pieces that teaches the following painting techniques: Stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

What you will learn?

- Within this workshop you will have the opportunity to self-express through painting.
- Learn a variety of painting techniques with brushes, stencils, and everyday household objects
- Build self-esteem and creativity
- Participate with others in a judgement free social environment
- *Please note that registration for all virtual guided paint sessions must be completed with a minimum of two weeks notice to arrange for canvases to be mailed out. Participants will be required to provide their own paint and brushes, a list of paint colours that will be required for the session will be sent out upon registration.

Facilitators: Emily

Day of the week: Thursday 3:00pm-4:15pm

of sessions: 1

January 13 , 2022

Location: Online

Dates: 13-Jan-2022 / 13-Jan-2022

Painting workshop #2

What will we do?

Learn to paint a Winter Wonderland Landscape. Within this workshop we tap into your creativity through a step by step guided painting. In this guided painting experience you will be able to create your one of a kind pieces that teaches the following painting techniques: Stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

What you will learn?

- Within this workshop you will have the opportunity to self-express through painting.
- Learn a variety of painting techniques with brushes, stencils, and everyday household objects
- Build self-esteem and creativity
- Participate with others in a judgement free social environment
- *Please note that registration for all virtual guided paint sessions must be completed with a minimum of two weeks notice to arrange for canvases to be mailed out. Participants will be required to provide their own paint and brushes, a list of paint colours that will be required for the session will be sent out upon registration.

Facilitators: Emily

Day of the week: Thursday 3:00pm-4:15pm

of sessions: 1

January 27 , 2022

Location: Online

Dates: 27-Jan-2022 / 27-Jan-2022

Painting workshop #3

What will we do?

Fall in love with painting! Valentine's Day themed painting. Within this workshop we tap into your creativity through a step by step guided painting. In this guided painting experience you will be able to create your one of a kind pieces that teaches the following painting techniques: Stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

What you will learn?

- Within this workshop you will have the opportunity to self-express through painting.
- Learn a variety of painting techniques with brushes, stencils, and everyday household objects
- Build self-esteem and creativity
- Participate with others in a judgement free social environment
- *Please note that registration for all virtual guided paint sessions must be completed with a minimum of two weeks notice to arrange for canvases to be mailed out. Participants will be

required to provide their own paint and brushes, a list of paint colours that will be required for the session will be sent out upon registration.

Facilitators: Emily
Day of the week: Thursday 3:00pm-4:15pm
of sessions: 1
February 10 , 2022

Location: Online

Dates: 10-Feb-2022 / 10-Feb-2022

Painting workshop #4

What will we do?

Tap into your creativity with this Wolf Sunset Landscape. Within this workshop we tap into your creativity through a step by step guided painting. In this guided painting experience you will be able to create your one of a kind pieces that teaches the following painting techniques: Stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

What you will learn?

- Within this workshop you will have the opportunity to self-express through painting.
- Learn a variety of painting techniques with brushes, stencils, and everyday household objects
- Build self-esteem and creativity
- Participate with others in a judgement free social environment

*Please note that registration for all virtual guided paint sessions must be completed with a minimum of two weeks notice to arrange for canvases to be mailed out. Participants will be required to provide their own paint and brushes, a list of paint colours that will be required for the session will be sent out upon registration.

Facilitators: Emily
Day of the week: Friday 3:00pm-4:15pm
of sessions: 1
February 24, 2022

Location: Online

Dates: 24-Feb-2022 / 24-Feb-2022

Painting workshop #5

What will we do?

Spring is just around the corner! Celebrate with a fun spring themed painting. Within this workshop we tap into your creativity through a step by step guided painting. In this guided painting experience you will be able to create your one of a kind pieces that teaches the following painting techniques: Stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

What you will learn?

- Within this workshop you will have the opportunity to self-express through painting.
- Learn a variety of painting techniques with brushes, stencils, and everyday household objects
- Build self-esteem and creativity
- Participate with others in a judgement free social environment

*Please note that registration for all virtual guided paint sessions must be completed with a minimum of two weeks notice to arrange for canvases to be mailed out. Participants will be required to provide their own paint and brushes, a list of paint colours that will be required for the session will be sent out upon registration.

Facilitators: Emily

Day of the week: Thursday 3:00pm-4:15pm

of sessions: 1

March 10, 2022

Location: Online

Dates: 10-Mar-2022 / 10-Mar-2022

Painting workshop #6

What will we do?

Celebrate beginning of spring with this flower painting workshop. Within this workshop we tap into your creativity through a step by step guided painting. In this guided painting experience you will be able to create your one of a kind pieces that teaches the following painting techniques: Stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

What you will learn?

- Within this workshop you will have the opportunity to self-express through painting.
- Learn a variety of painting techniques with brushes, stencils, and everyday household objects
- Build self-esteem and creativity
- Participate with others in a judgement free social environment

*Please note that registration for all virtual guided paint sessions must be completed with a minimum of two weeks notice to arrange for canvases to be mailed out. Participants will be required to provide their

own paint and brushes, a list of paint colours that will be required for the session will be sent out upon registration.

Facilitators: Emily

Day of the week: Thursday 3:00pm-4:15pm

of sessions: 1

March 24, 2022

Location: Online

Dates: 24-Mar-2022 / 24-Mar-2022

Peace Love Expressive Arts

What will we do:

This group emphasizes the creative process while using different kinds of art and what it means to the person who is creating it. Often it is easier to create than it is to talk. It's not so much about what we create (although the result is pleasing) but how we get to the end result. During this group we will explore poetry, collages, safe spaces, colours and more as we create a journey that invites participants to consider each person's unique story. The expressive arts program is about sharing stories, finding your voice, making meaningful connections and discovering new tools for personal awareness and recovery.

What will we learn:

Each weekly session will have goals specific to the activity.

- active engagement in the process of creating art without fear or self-criticism
- how to demonstrate a personal connection between the artistic experience and emotions
- how to utilize creative expression to connect as a cohesive group and utilizing art to tell a personal story about self and/or recovery.

Facilitators: Julie

Day of the week: Tuesday 3:00pm-4:15pm

of sessions: 6

February 15 - March 22, 2022

Location: Online

Dates: 15-Feb-2022 / 22-Mar-2022

Purposeful Living

What will we do?

In this group we look at how we can use our challenges to cultivate a relationship with our higher sense of self.

What will we learn?

- About how to connect to our natural world
- About love, hope and trust and how they can help us to achieve balance within ourselves

- What is the balance between sense of self and purpose

Facilitators: Sue & Heather

Day of the week: Wednesday 9:00am-10:15am

of sessions: 12

January 5 - March 30, 2022

Location: Online

Dates: 05-Jan-2022 / 30-Mar-2022

Reducing Stigma, Empowering People

What will we do?

Stigma is when someone sees or treats another person in a negative way because of a particular characteristic or attribute. This is often rooted in ignorance or misunderstanding. In this group, we will develop a sense of self beyond our experiences with mental distress by engaging in conversations and activities with our peers about what stigma associated with mental health is, why it is harmful, and develop strategies for combatting this stigma. You will have the opportunity to self-reflect, highlight your strengths, instill hope, and create change through the collective sharing of lived experiences and knowledge.

What will we learn?

About various forms of stigma and associated strategies for combating them

Facilitators: Sue & Heather

Day of the week: Friday 9:00am-10:15am

of sessions: 6

February 25 - April 1, 2022

Location: Online

Dates: 25-Feb-2022 / 01-Apr-2022

Self-Compassion

What will we do?

Self-compassion is the ability to turn understanding, acceptance, and love inward. The practice of having compassion and nurturing oneself can be often difficult for us to make time for. We tend to find it easier to have compassion for those we care about and not give ourselves the love and compassion we require to nurture ourselves. Through the use of creative expressive arts interventions and journaling, you will learn the foundations of how practicing self-compassion can have a positive impact upon your mental health.

What will you learn?

- Participants will enhance creativity through self-expression
- Learn to foster resilience and boost self-esteem
- Learn to identify ways to practice self-compassion and self-love

Facilitators: Emily

Day of the week: Wednesday 10:30am-11:45am

of sessions: 6

January 12 - February 16, 2022

Location: Online

Dates: 12-Jan-2022 / 16-Feb-2022

Self-Esteem

What will we do?

Do you find it difficult to share your opinions and to speak up for yourself? This peer led 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 you learn?

- 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

Facilitators: James & Keith

Day of the week: Thursday 1:00pm-2:15pm

of sessions: 4

February 24 - March 17, 2022

Location: Online

Dates: 24-Feb-2022 / 17-Mar-2022

Understanding Anger

What will we do?

This peer led group is intended to help people understand that anger is not an inherently negative emotion and that it does not have to be linked to aggressive behaviour.

What will you learn?

Individuals will learn to recognize the unmet needs that lie beneath feelings of anger and learn to change the way they think about the things that happen in their lives in order to better meet their own unmet needs. This psycho-educational group will help people to identify unhelpful thinking patterns and develop new coping strategies and new action plans for dealing with everyday stressors.

Facilitators: Sue & Heather

Day of the week: Friday 9:00am-10:15am

of sessions: 6

January 7 - February 11, 2022

Location: Online

Dates: 07-Jan-2022 / 11-Feb-2022

Understanding Burnout

What will we do?

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. Through structured curriculum, activities and discussion we will explore how burnout impacts us along with navigating ideas and tools to cope with the effects of burnout.

What we will learn?

- To explore what Burnout is
- To identify burnout within ourselves
- How Burnout impacts us day to day
- How to leverage burnout in pursuing, maintaining our recovering wellness.

Facilitators: Sue & Heather

Day of the week: Thursday 9:00am-10:15am

of sessions: 6

January 6 - February 10, 2022

Location: Online

Dates: 06-Jan-2022 / 10-Feb-2022

Wellness Wednesday

What will we do?

Creating holistic wellness involves developing a self-care routine. Part of self-care is taking time to explore our interests to develop a well-rounded leisure lifestyle. In this six-week group we will explore activities that tap into our physical, social, spiritual, emotional, cognitive, and creative domains of well-being. When we create balance within these domains we see the positive effects that it has on our day to day lives. Each week we will participate in fun activities that support our overall wellness.

What will you learn?

- Identify activities within each domain that are enjoyable
- Learn new ways to improve their overall wellness through leisure
- To promote relaxation and healthy leisure experiences

Facilitators: Emily

Day of the week: Wednesday 3:00pm-4:15pm

of sessions: 6

January 5 - February 9, 2022

Location: Online

Dates: 05-Jan-2022 / 09-Feb-2022

Women's Group A

What will we do:

Be part of a group of women empowering each other in our recovery journeys! In Women's Group, we will engage with educational materials about the personal recovery philosophy and discuss how it applies uniquely to our experiences as women. Through these discussions, we will collectively decide on learning objectives related to the factors that influence personal recovery: connection, hope, identity, meaning, and empowerment. Through our discussions, we will foster a sense of community and make meaningful connections. We will facilitate a safe space for women to feel validated and empowered.

What will we learn:

- About the personal recovery philosophy and how we can apply it to our lives as women
- To share and promote positive coping tools with one another
- To build positive self-image
- About societal pressures and expectations put on women and how to manage them
- About healthy boundaries to foster healthy, positive relationships

Facilitators: Leah & Holly

Day of the week: Friday 10:30am-11:45am

of sessions: 6

January 7 - February 11, 2022

Location: Online

Dates: 07-Jan-2022 / 11-Feb-2022

Women's Group B

What will we do:

Be part of a group of women empowering each other in our recovery journeys! In Women's Group, we will engage with educational materials about the personal recovery philosophy and discuss how it applies uniquely to our experiences as women. Through these discussions, we will collectively decide on learning objectives related to the factors that influence personal recovery: connection, hope, identity, meaning, and empowerment. Through our discussions, we will foster a sense of community and make meaningful connections. We will facilitate a safe space for women to feel validated and empowered.

What will we learn:

- About the personal recovery philosophy and how we can apply it to our lives as women
- To share and promote positive coping tools with one another
- To build positive self-image
- About societal pressures and expectations put on women and how to manage them
- About healthy boundaries to foster healthy, positive relationships

Facilitators: Leah & Holly

Day of the week: Friday 10:30am-11:45am

of sessions: 6

February 25, 2022 - April 1, 2022

Location: Online

Dates: 25-Feb-2022 / 01-Apr-2022

Yoga

What will we do?

Yoga helps to develop cognitive and physical techniques for maintaining and/or improving balance, flexibility and strength. This in turn assists with better managing, and/or reducing daily stressors. This program will incorporate instruction, demonstration and practice to enhance the opportunity to make the mind and body connection to wellness. There is always potential injury and prevention includes education, warm up, and modifications if needed while teaching you to respect/listen to your body and following appropriate exercise guidelines. No yoga experience is required but you will want a mat. The class will be approximately 50 minutes with the extra time for questions.

What will you learn?

- To develop, maintain and/or increase personal balance and flexibility through continuous participation in this program. Demonstration, instruction and modification are provided as needed.
- To demonstrate relaxation and stress management techniques through participation and practice during regularly scheduled sessions. Participant will be able to make the connection between mind and body. Participants will be able to utilize principles between sessions.

Facilitators: Julie

Day of the week: Monday 3:00am-4:15pm

of sessions: 5

January 10 - February 7, 2022

Location: Online

Dates: 10-Jan-2022 / 07-Feb-2022