



Ontario Shores

Centre for Mental Health Sciences

Discovery. Recovery. Hope.

Recovery College
Course Guide
**Spring/Summer
2026**





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The Old Car

A father said to his daughter, “You graduated with honors, here is a car I acquired many years ago. It is several years old. But before I give it to you, take it to the used car lot downtown and tell them I want to sell it and see how much they offer you.”

The daughter went to the used car lot, returned to her father and said, “They offered me \$1,000 because it looks very worn out.”

The father said, “Take it to the pawn shop.”

The daughter went to the pawn shop, returned to her father and said, “The pawn shop offered \$100 because it was a very old car.”

The father asked his daughter to go to a car club and show them the car.

The daughter took the car to the club, returned and told her father, “Some people in the club offered \$100,000 for it since it’s a Nissan Skyline R34, an iconic car and sought after by many.”

The father said to his daughter, “The right place values you the right way.”

The moral of the story is that true value is often hidden beneath the surface, and how we are treated can reflect our worth. It encourages us to seek environments and relationships where we are appreciated and valued, reminding us not to let others’ opinions define our self-worth.



What is Recovery?

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

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

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

The Recovery College at Ontario Shores

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

Post-Secondary Recovery College

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

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

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

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

Recovery High School

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

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

If you are interested in learning more about our Recovery High School please contact:
Robyn Smith, Peer Support Specialist (905) 430-4055 x 6988 or smithr@ontarioshores.ca
Samiha Bari, Implementation and Evaluation Coordinator (905) 430-4055 x 6477 or baris@ontarioshores.ca





Recovery College Mission, Vision, Values

Mission

To support individuals in their personal journey of recovery.

Vision

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

Values

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



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

Courses within the Recovery College

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

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

Peer Tutors

The peer tutors are there to help offer information and support. They 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.

Meet Our Peer Tutors



Bri



Claire



Clark



Debbie



Denise



Galen



Joe



Levi



Lori



Robin



Terrell

Registration Process

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

New Student Registration

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

Virtual Course Offerings

Virtual Courses will take place over the Zoom platform.

[Click here to view the Navigating Technology flyer](#)

[Click here to view the full Winter 2026 course guide](#)

[Click here to view the Winter 2026 Session A Timetable](#)

[Click here to view the Winter 2026 Session B Timetable](#)

- All are welcome! Registrants are not required to be receiving services from Ontario Shores to be eligible.
- Winter Semester 2026
January 5 - April 2
Registration Opens: Wednesday, December 10, 2025 @ 9:00 AM EST
- Spring/Summer Semester 2026
May 4 - July 31
Registration Opens: Wednesday, April 15, 2026 @ 9:00 AM EST

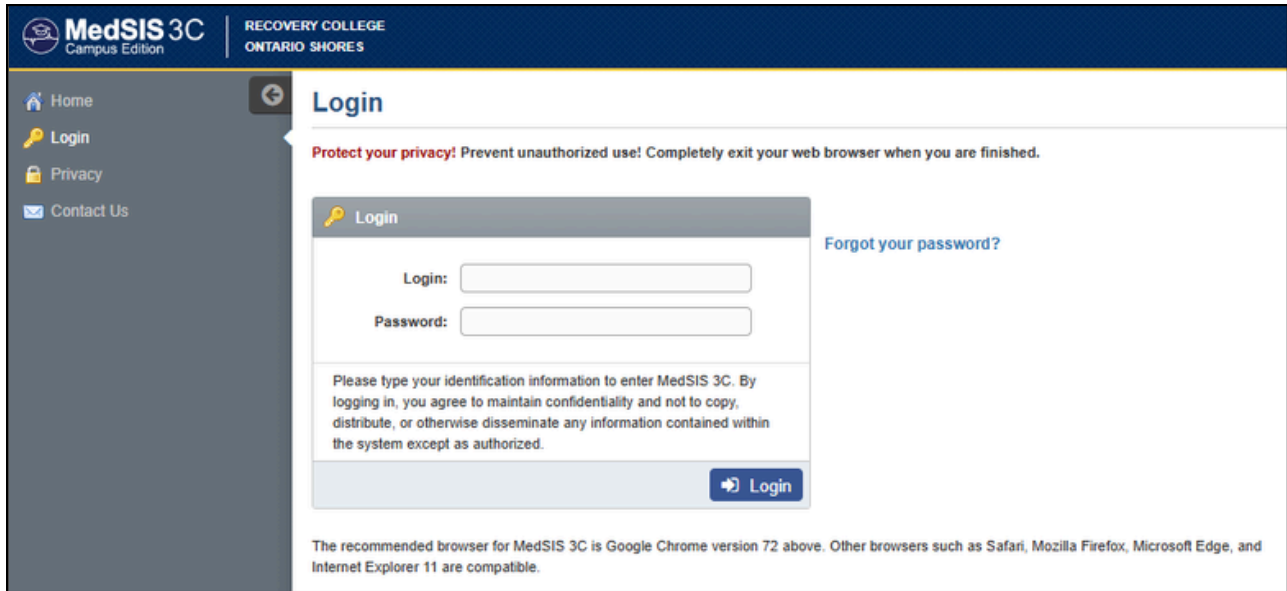
[➔ Existing students - Login](#)

[🔑 Registration will open](#)

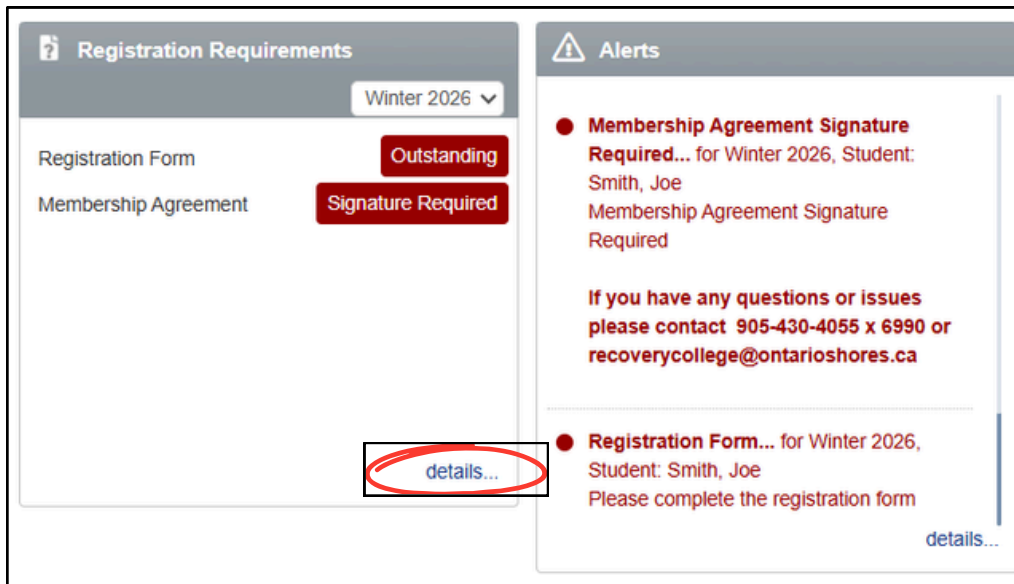
3. Enter your first and last name, email address and set a password. Then select **“Sign Up”**
4. Go to your email inbox and locate the email from medsis@knowledge4you.com to activate your account
5. Once your account has been activated, select **“Enter MedSIS”** and enter your credentials
6. You are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

Returning Student Registration

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



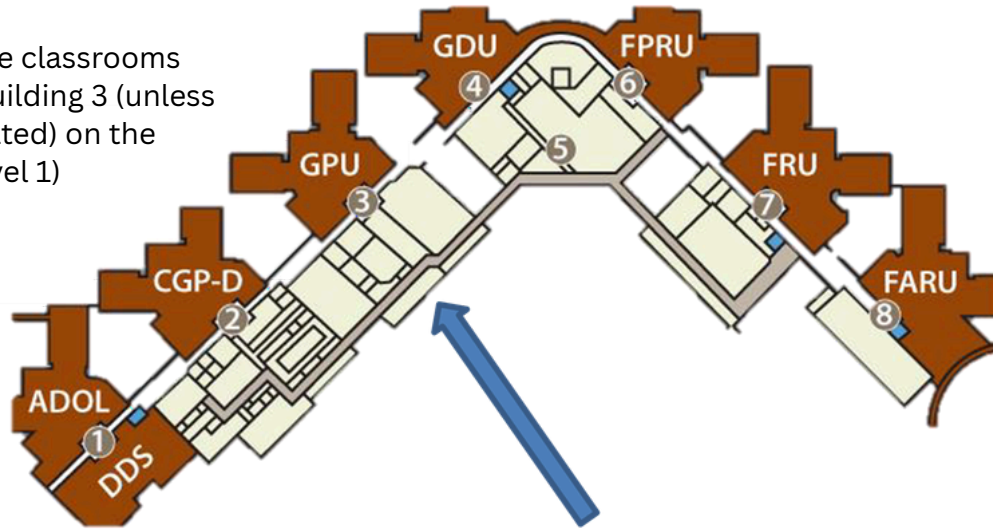
3. Once you are logged in, you will see the Registration Requirements screen. Click on details:



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

Directions For In-Person Programming at Ontario Shores

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



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



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



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



Recovery College Spring/Summer 2026 Schedule

Session A: May 4 – June 12

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 10:15 am	Virtual – Mindfulness Meditation – A May 4 – June 8 (No class May 18) 5 Classes Sue & Heather	Virtual – Understanding Core Beliefs – A May 5 – June 9 6 Classes Sue & Heather	Virtual – Evolution to Readiness – A May 6 – June 10 6 Classes Heather & Maddy	Virtual – Many Faces of Ego – A May 7 – June 11 6 Classes Heather & Tanya	Virtual - Managing Anger – A May 8 – June 12 6 Classes Sue & Heather
			In-Person – Wellness Walk – A May 6 – June 10 6 classes Nicole & Leah		Virtual - Compassionate Recovery – A May 8 – June 12 6 Classes Claire & Keith
10:30 am - 11:45 am	In-Person – Normalizing Symptoms – A May 4 – June 8 (No class May 18) 5 Classes Keith & Chandra	In-Person – Coping with Anxiety and Panic – A May 5 – June 9 6 Classes Keith & Chandra	In-Person – Attitude of Gratitude – A May 6 – June 10 6 Classes Chandra & Robin	In-Person – Funky Junk to Garden Gold – A & B May 7 – July 30 (No class June 18) 12 Classes Joe, Terrell & Chandra	In-Person – Self Care 101 – A May 8 – June 12 6 Classes Keith & Chandra
	In-Person – Art Journaling – A May 4 – June 8 (No class May 18) 5 Classes Juile & Stacie	In-Person – Your Personal Recovery Journey – A May 5 – June 9 6 classes Nicole, Leah & Tina	Virtual – Maximizing Your Money – A May 6 – June 10 6 Classes Keith & Stacie	Virtual – Your Personal Recovery Journey – A May 7 – June 11 6 classes Nicole, Leah & Greg	In-Person – CPR-C – A June 12 9:00am – 3:00pm 1 class Jenine & Leah
		In-Person – Pickleball – A May 5 – June 9 6 Classes Julie & Sue	In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – A May 27 1 class Katie & Falguni 10:30am – 12:30pm	In-Person – My Stories, My Voice – A May 7 – June 11 6 Classes Sue & Lori	
1:00 pm - 2:15 pm	In-Person – Learning About Mindfulness – A & B May 4 – July 20 (No class May 18 & June 15) 10 Classes Sue & Chandra	In-Person – Course Facilitation Skills Training – A May 5 – June 9 6 Classes Heather & Chandra	In-Person – Recognizing Basic Goodness and Happiness Within – A May 6 – June 10 6 Classes Keith & Galen	In-Person – Stitch and B*tch – A (Multifaith Room) May 7 – June 11 6 classes Leah, Denise & Nicole	In-Person – Managing Anger – A May 8 – June 12 6 Classes Sue & Chandra
	Virtual – Thriving Together: Community Wellness Peer Support Group – A May 4 – June 8 (No class May 18) 5 classes Nicole & Leah	In-Person – The Dynamics of Discharge – A May 5 – June 9 6 Classes Nicole & Leah	In-Person – Thriving Together: Community Wellness Peer Support Group – A May 6 – June 10 6 classes Nicole & Leah	In-Person – Hiking Group – A May 7 – June 11 6 Classes Sue & Robin	Virtual – Find Your Zen for the Weekend Yoga – A & B May 8 – July 31 (No class June 19) 12 classes Julie
	Virtual – Self Care 101 – A May 4 – June 8 (No class May 18) 5 Classes Keith & Heather	Virtual – Identifying Unhealthy Relationships – A May 5 – June 9 6 Classes Keith & DMHS	Virtual – Safe and Sound: Medication Education with Pharmacy – A May 6 – June 10 6 Classes Heather & Pharmacy	Virtual – Self Discovery – A May 7 – June 11 6 Classes Heather & Bri	Virtual – CHIME – A May 8 – June 12 6 Classes Heather & Michael
	In-Person – Art Journaling – A May 4 – June 8 (No class May 18) 5 Classes Juile & Stacie		In-Person – Exploring Non-Attachment – A @ Ajax Public Library May 6 – June 10 6 Classes Sue & Stacie	In-Person – WRAP – A & B May 21 – July 16 (No class June 18) 8 Classes *1:00 pm - 2:30 pm* Keith & Tanya	
			In-Person – The Art of Craft – A May 6 – June 10 6 Classes Juile & Chandra		

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

Recovery College Spring/Summer 2026 Schedule

Session A: May 4 – June 12

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 pm - 4:15 pm	Virtual – Who Am I? – A May 4 – June 8 (No class May 18) 5 Classes Heather & Chandra	In-Person – Learning Together: Exploring Indigenous Cultures – A & B May 5 – July 28 (No Class June 16) 12 Classes Leah & Levi	In-Person – Off the Wall Miniature Painting with Deb – A & B May 6 – July 29 (No class June 17 & July 1) 11 classes Nicole & Deb	In-Person – Singing 101 – A (Multifaith Room) May 7 – June 11 6 classes Kaitlyn, Clark & Leah	Virtual – Beyond the Brush Acrylic Painting – A May 8 – June 12 6 Classes Julie
		Virtual – Progressive Low Impact Exercise – A & B May 5 – July 28 (No Class June 16) 12 Classes Julie		Virtual – Discovering Watercolours – A May 7 – June 11 6 classes Julie & Ashley	
5:15 pm - 6:30 pm			Virtual – A Zest for Zentangle – A May 6 – June 10 6 classes Julie	Virtual – Caregiving the Caregivers of Adolescents – A May 7 – June 11 5:30pm – 7:00pm 6 Classes Sue & Stacie	
			Virtual – Caring for Older Adults: Managing the Emotions of Caring – A May 20 1 Class Loretta, Ron & Stephanie		

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



Recovery College Spring/Summer 2026 Schedule

Session B: June 22 – July 31

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 10:15 am	Virtual – Course Facilitation Skills Training – B June 22 – July 27 6 Classes Sue & Heather	Virtual – Exploring Non-Attachment – B June 23 – July 28 6 Classes Sue & Heather	Virtual – Write Your Way Forward – B June 24 – July 29 (No class July 1) 5 Classes Sue & Heather	Virtual – Detaching with Love – B June 25 – July 30 6 Classes Heather & Tanya	Virtual – Exploring Unhealthy Thought Patterns – B June 26 – July 31 6 Classes Sue, Heather & Ana
			In-Person – Wellness Walk – B June 24 – July 29 (No class July 1) 5 classes Nicole & Leah		Virtual – Maintaining Momentum – B June 26 – July 31 6 Classes Keith & Chandra
10:30 am - 11:45 am	In-Person – Advocacy – B June 22 – July 27 6 Classes Keith & Chandra	In-Person – Building Better Boundaries – B June 23 – July 28 6 classes Keith & Chandra	In-Person – Self Esteem – B June 24 – July 29 (No class July 1) 5 Classes Keith & Chandra	In-Person – Funky Junk to Garden Gold – A & B May 7 – July 30 (No class June 18) 12 Classes Joe, Terrell & Chandra	In-Person – Maintaining Momentum – B June 26 – July 31 6 Classes Keith & Chandra
	Virtual – The Menopause Transition: Insights & Empowerment – B June 22 – July 27 6 classes Julie & Stacie	In-Person – Your Personal Recovery Journey – B June 23 – July 28 6 classes Nicole, Leah & Tina	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – B June 24 – July 29 (No class July 1) 5 Classes Stacie & Sue	Virtual – Your Personal Recovery Journey – B June 25 – July 30 6 classes Nicole, Leah & Greg	In-Person – Glow & Grow – B July 10 – July 31 4 Classes Leah & Noelle
		In-Person – Pickleball – B June 23 – July 28 6 Classes Julie & Sue	In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – B June 24 1 class Katie & Falguni 10:30am – 12:30pm	Virtual – My Stories, My Voice – B June 25 – July 30 6 Classes Sue & Lori	
1:00 pm - 2:15 pm	In-Person – Learning About Mindfulness – A & B May 4 – July 20 (No class May 18 & June 15) 10 Classes Sue & Chandra	In-Person – Glimmers, Spoon, Fork, Knife Theory – B June 23 – July 28 6 Classes Heather & Michael	In-Person – The Art of Craft – B June 24 – July 29 (No class July 1) 5 classes Julie & Chandra	In-Person – Stitch and B*tch – B (Multifaith Room) June 25 – July 30 6 classes Leah, Denise & Nicole	In-Person – Exploring Unhealthy Thought Patterns – B June 26 – July 31 6 Classes Sue & Ana
	Virtual – Thriving Together: Community Wellness Peer Support Group – B June 22 – July 27 6 classes Nicole & Leah	In-Person – The Dynamics of Discharge – B June 23 – July 28 6 Classes Nicole & Leah	In-Person – Thriving Together: Community Wellness Peer Support Group – B June 24 – July 29 (No class July 1) 5 classes Nicole & Leah	In-Person – Hiking Group – B June 25 – July 30 6 Classes Sue & Robin	Virtual – Find Your Zen for the Weekend Yoga – A & B May 8 – June 31 (No class June 19) 12 classes Julie
	In-Person – Art Journaling – B June 22 – July 27 6 Classes Julie & Marsha		Virtual – Emotional Intelligence – B June 24 – July 29 (No Class July 1) 5 Classes Heather & Keith		Virtual – Co-Dependency – B June 26 – July 31 6 Classes Heather & Maddy
				In-Person – WRAP – A&B May 21 – July 16 8 Classes *1:00pm - 2:30 pm*	
				In-Person – Detaching with Love – B June 25 – July 30 6 Classes Heather & Bri	

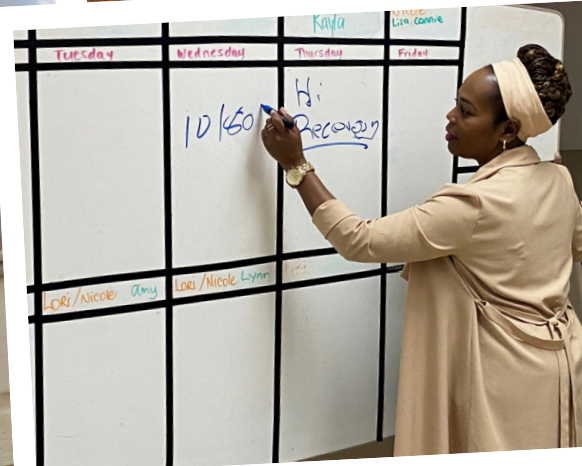
Virtual
 In-person at Ontario Shores
 On location in the community
 Transitional discharge
 Workshop

Recovery College Spring/Summer 2026 Schedule

Session B: June 22 – July 31

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 pm - 4:15 pm	In-Person – Safe and Sound: Medication Education with Pharmacy – B June 22 – July 27 6 Classes Heather & Pharmacy	In-Person – Learning Together: Exploring Indigenous Cultures – A & B May 5 – July 28 (No Class June 16) 12 Classes Leah & Levi	In-Person – Off the Wall Miniature Painting with Deb – A & B May 6 – July 29 (No class June 17 & July 1) 11 classes Nicole & Deb	In-Person – Singing 101 – B (Multifaith Room) June 25 – July 30 6 classes Kaitlyn, Clark & Leah	Virtual – Beyond the Brush Acrylic Painting – B June 26 – July 31 6 Classes Julie
	Virtual – Understanding and Escaping Vices – B June 22 – July 27 6 Classes Keith & Stacie	In-Person – Co-Dependency – B @ Bowmanville Public Library June 23 – July 28 6 Classes Sue & Chandra		Virtual – Discovering Watercolours – B June 25 – July 30 6 classes Julie & Ashley	
		Virtual – Progressive Low Impact Exercise – A & B May 5 – July 28 (No Class June 16) 12 classes Julie			
5:15pm - 6:30 pm			Virtual – A Zest for Zentangle – B June 24 – July 29 (No class July 1) 6 classes Julie	Virtual – Caregiving for Older Adults: Sustaining Strength and Well-Being – B July 30 1 Class Loretta, Ron & Stephanie	

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



Recovery College Spring/Summer 2026 Semester

May 4 – July 31, 2026

Session A: May 4 – June 12 | **Session B:** June 22 – July 31

No class: Monday, May 18 (Victoria Day 🌸) & Wednesday, July 1 (Canada Day 🍁)

Advocacy

Mondays

June 22 – July 27

(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 different areas such as:

- Importance of self-care
- Family and friends
- Health care setting
- Workplace and the community

Facilitators: Keith & Chandra

Art of Craft

Wednesdays

May 6 – June 10

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

or

Wednesdays

June 24 – July 29

(Session B: 5 classes)

1:00 pm – 2:15 pm

(in-person)

Note: No class July 1

What will we do?

We craft for multiple reasons; to learn new ways to express ourselves, to give away pieces as gifts or just to have fun and relax. During class we will further explore crafts using a variety of techniques and materials. 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.

What will we learn?

- To demonstrate increased knowledge of a variety of crafting styles and techniques through weekly themed projects
- To recognize that we all can be artistic creators
- To develop our skills and confidence when creating new art pieces

Facilitators: Julie & Chandra

Art Journaling

Mondays

May 4 – June 8

(Session A: 5 classes)

10:30 am – 11:45 am

(in-person)

Note: No class May 18

or

Mondays

May 4 – June 8

(Session A: 5 classes)

1:00 pm – 2:15 pm

(in-person)

Note: No class May 18

or

Mondays

June 22 – July 27

(Session B: 6 classes)

1:00 pm – 2:15 pm

(in-person)

What will we do?

ART Journaling is a program that 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.

During this program, we will express our individual creativity while working within the decided upon theme. Upon completion, there will be time set aside at the beginning of each session for those who would like to share their pages. Participants are encouraged to continue their journaling journey.

All supplies are provided. You may want to bring a favourite type of book to use as your journal.

What will we learn?

- An increased knowledge of art journaling and self-reflection related to the weekly themes
- How to engage in various artistic techniques while completing the journal pages

Facilitators: Julie & Stacie (A), Julie & Marsha (B)

Attitude of Gratitude

Wednesdays

May 6 – June 10

(Session A: 6 classes)

10:30 am – 11:45 am

(in-person)

What will we do?

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

What will we learn?

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

Facilitators: Chandra & Robin

Beyond the Brush Acrylic Painting

Fridays

May 8 – June 12

(Session A: 6 classes)

3:00 pm – 4:15 pm

(virtual)

or

Fridays

June 26 – July 31

(Session B: 6 classes)

3:00 pm – 4:15 pm

(virtual)

What will we do?

Each week we will work through a guided acrylic painting session. Each week a new painting technique 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!

Please note: Participants will be responsible for providing supplies each week based on a budget friendly supply list provided. 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.

What will we learn?

- To use a variety of painting techniques that may include dabbing, stippling, dripping or splatter as well as clean lines and shapes using stamps or found objects
- To become more confident in your ability and to trust the process as you 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

Facilitators: Julie

Building Better Boundaries

Tuesdays

June 23 – July 28

(Session B: 6 classes)

10:30 am – 11:45 am

(in-person)

What will we do?

Do you know how to clearly identify your personal boundaries—those limits that protect your time, energy, and well-being? Many people struggle not only to recognize when their boundaries are being crossed, but also to feel confident enough to speak up. Do you find yourself saying “yes” when you really mean “no,” or feeling guilty for putting your needs first?

This course will help you change that. You’ll learn how to understand your needs, recognize boundary challenges, and communicate your limits in a clear, calm, and assertive way. With practical strategies and real-life examples, you’ll build the confidence to stand your ground while maintaining healthy relationships.

If you’re ready to feel more in control and create stronger, more respectful connections, this course is for you.

What will we learn?

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

Facilitators: Keith & Chandra

Caregiving the Caregivers of Adolescents

Thursdays

May 7 – June 11

(Session A: 6 classes)

5:30 pm – 7:00 pm

(virtual)

What will we do?

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

What will we learn?

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

Facilitators: Sue & Stacie

Caring for Older Adults: Managing the Emotions of Caring

Wednesday, May 20

(Session A: 1 class)

5:15 pm – 6:30 pm

(virtual workshop)

What will we do?

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

What will we learn?

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

Facilitators: Loretta, Ron & Stephanie

Caregiving for Older Adults: Sustaining Strength and Well-Being

Thursday, July 30

(Session B: 1 class)

5:15 pm – 6:30 pm

(virtual workshop)

What will we do?

Building resilience is about more than coping with stress; it's developing the ability to adapt, recover, and grow throughout the caregiving journey. This workshop helps caregivers of older adults strengthen resilience and sustain well-being with practical strategies for managing stress and maintaining health.

Participants will explore self-care, boundaries, flexibility, meaning making, and support networks, and create a personalized resilience plan to navigate challenges with confidence.

What will we learn?

By the end of this workshop, participants will be able to:

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

Facilitators: Loretta, Ron & Stephanie

CHIME

Fridays

May 8 – June 12

(Session A: 6 classes)

1:00 pm – 2:15 pm

(virtual)

What will we do?

We will explore the CHIME framework for personal recovery that covers five components which are Connection, Hope, Identify, Meaning, Empowerment.

What will we learn?

- Explore the importance of connection
- Rebuilding positive sense of identity
- Focus on strengths
- Explore meaning in our mental health experience
- Help build beliefs in our recovery

Facilitators: Heather & Michael

Co-Dependency

Tuesdays

June 23 – July 28

(Session B: 6 classes)

3:00 pm – 4:15 pm

(community)

This course will take place at:

Clarington Public Library
Bowmanville Branch
163 Church St
Bowmanville

or

Fridays

June 26 – July 31

(Session B: 6 classes)

1:00 pm – 2:15 pm

(virtual)

What will we do?

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

What will we learn?

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

Facilitators: Sue & Chandra (C), Heather & Maddy (V)

Compassionate Recovery

Fridays

May 8 – June 12

(Session A: 6 classes)

9:00 am – 10:15 am

(virtual)

What will we do?

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

What will we learn?

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

Facilitators: Claire & Keith

Coping with Anxiety and Panic

Tuesdays

May 5 – June 9

(Session A: 6 classes)

10:30 am – 11:45 am

(in-person)

What will we do?

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

What will we learn?

- We will speak generally about what happens in the body during anxiety and panic attacks
- We will learn about the unpleasant symptoms that occur 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 & Chandra

Course Facilitation Skills Training

Tuesdays

May 5 – June 9

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

or

Mondays

June 22 – July 27

(Session B: 6 classes)

9:00 am – 10:15 am

(virtual)

What will we do?

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

What will we learn?

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

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

CPR

Friday, June 12

(Session A: 1 class)

9:00 am – 3:00 pm

(in-person workshop)

What will we do?

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

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

What will we learn?

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

Facilitators: Jenine & Leah

Detaching with Love

Thursdays

June 25 – July 30

(Session B: 6 classes)

9:00 am – 10:15 am

(virtual)

or

Thursdays

June 25 – July 30

(Session B: 6 classes)

1:00 pm – 2:15 pm

(in-person)

What will we do?

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

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

What will we learn?

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

Facilitators: Heather & Tanya (v), Heather & Bri (i)

Discovering Watercolours

Thursdays

May 7 – June 11

(Session A: 6 classes)

3:00 pm – 4:15 pm

(virtual)

or

Thursdays

June 25 – July 30

(Session B: 6 classes)

3:00 pm – 4:15 pm

(virtual)

What will we do?

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.

Please note: *You will be responsible for providing the supplies for this group. Julie will send a suggested supply list out prior to the start of each session.*

What will we learn?

- Various techniques while creating watercolour art pieces
- This is a judgement free zone; the goal is to enjoy the process and have fun
- Patience, as you cannot rush a watercolour painting
- Building your creativity and self-esteem while expressing yourself through art

Facilitators: Ashley & Julie

The Dynamics of Discharge

Tuesdays

May 5 – June 9

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

or

Tuesdays

June 23 – July 28

(Session B: 6 classes)

1:00 pm – 2:15 pm

(in-person)

What will we do?

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

What will we learn?

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

Facilitators: Nicole & Leah

Emotional Intelligence

Wednesdays

June 24 – July 29

(Session B: 5 classes)

1:00 pm – 2:15 pm

(virtual)

Note: No class July 1

What will we do?

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

What will we learn?

- To better understand emotional intelligence and how it can support our success in life and interpersonal relationships
- To gain a greater understanding of and the ability to identify emotions to strengthen our communication skills
- Identify emotional stressors
- How different types of emotional intelligence skills are developed

Facilitators: Keith & Heather

Evolution to Readiness

Wednesdays

May 6 – June 10

(Session A: 6 classes)

9:00 am – 10:15 am

(virtual)

What will we do?

We will explore six components around personal readiness within recovery.

What will we learn?

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

Facilitators: Maddy & Heather

Exploring Non – Attachment

Wednesdays

May 6 – June 10

(Session A: 6 classes)

1:00 pm – 2:15 pm

(community)

This course will take place at:

Ajax Public Library

Main Branch

55 Harwood Ave S

Ajax

or

Tuesdays

June 23 – July 28

(Session B: 6 classes)

9:00 am – 10:15 am

(virtual)

What will we do?

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

What will we learn?

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

Facilitators: Sue & Stacie (A), Sue & Heather (B)

Exploring Unhealthy Thought Patterns

Fridays

June 26 – July 31

(Session B: 6 classes)

9:00 am – 10:15 am

(virtual)

or

Fridays

June 26 – July 31

(Session B: 6 classes)

1:00 pm – 2:15 pm

(in-person)

What will we do?

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

What will we learn?

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

Facilitators: Sue, Ana & Heather

Find Your Zen for the Weekend Yoga

Fridays

May 8 – July 31

(12 classes)

1:00 pm – 2:15 pm

(virtual)

Note: No class June 19

What will we do?

Yoga is more than just a workout. It helps connect us with our bodies through breathing techniques while improving posture, strength, flexibility, balance, and stamina. Yoga can also support focus, concentration, and calming the mind. This class is based on Hatha yoga, which emphasizes strengthening the body through physical postures (asanas) and breathing techniques (pranayama).

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

What will we learn?

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

Facilitators: Julie

Funky Junk to Garden Gold

Thursdays

May 7 – July 30

(12 classes)

10:30 am – 11:45 am

(in-person)

Note: No class June 18

What will we do?

Join us on a journey through the stages of composting, from start to finish, as we create enriched fertilizer for our gardens and the Beez Kneez Garden to grow fresh food. This course combines theory with hands-on learning. The best part? You'll get to play with dirt, plant seeds, and see 'garden gold' in action. As this is our first time composting, we'll be learning together. By the end of the course, we hope to inspire you to reduce landfill waste, appreciate composting, and think more about the soil your food grows in.

What will we learn?

- Understanding your carbon footprint and ways to become greener
- Recycling vs. composting and what materials can go into a compost
- How to build a compost pile (brown vs. green materials)
- The carbon-nitrogen cycle and the idea of a closed-loop system
- The four stages of composting
- How to use compost in gardens and the benefits of growing vegetables in "garden gold"
- Creating fertile soil through composting – and having fun making dirt

Facilitators: Joe, Terrell & Chandra

Glimmers, Spoon, Fork, Knife, Theory

Tuesdays

June 23 – July 28

(Session B: 6 classes)

1:00 pm – 2:15 pm

(in-person)

What will we do?

Participants will explore emotional resilience and how it impacts our lives, while discovering how glimmers can help regulate the nervous system. The group will learn to use the five senses to notice glimmers and nourish authentic connections with ourselves and others.

What will we learn?

- 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

Facilitators: Michael & Heather

Glow & Grow

Fridays

July 10 – July 31

(Session B: 4 classes)

10:30 am – 11:45 am

(community)

This course will take place at:

St. John's Anglican
Whitby Community Garden
150 Victoria St. East,
Whitby

What will we do?

Glow and Grow is a community-based wellness group that takes place in a shared garden space. Participants are invited to spend time outdoors, connect with others, and engage in light, seasonal garden care.

The group offers a calm, supportive environment to slow down, enjoy nature, and explore how caring for living things can support personal wellbeing. Activities are flexible and guided by the rhythm of the garden, the weather, and the needs of the group.

What will we learn?

- We will come together to build community and support each other as we work together in nature
- We will learn to tend to the garden in a supportive wellness environment

Facilitators: Leah & Noelle

Hiking Group

Thursdays

May 7 – June 11

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

or

Thursdays

June 25 – July 30

(Session B: 6 classes)

1:00 pm – 2:15 pm

(in-person)

What will we do?

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

What will we learn?

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

Facilitators: Sue & Robin

Identifying Unhealthy Relationships

Tuesdays

May 5 – June 9

(Session A: 6 classes)

1:00 pm – 2:15 pm

(virtual)

What will we do?

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

What will we learn?

- To recognize patterns in unhealthy relationships
- To understand why we stay in unhealthy relationships as long as we do
- How to decide whether or not it is time to let go
- To identify unhealthy relationships through determining our own strengths
- About changes we can make in our own choices and behaviour to improve our wellness and, subsequently, the relationships we find ourselves in

Facilitators: Keith & Durham Mental Health

Learning About Mindfulness

Mondays

May 4 – July 20

(10 classes)

1:00 pm – 2:15 pm

(in-person)

Note: No class May 18 & June 15

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 discussions with our peers and, with the curriculum we will 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 mindfulness expert, Jon Kabat-Zinn
- To stay in the present to foster a positive and comfortable emotional state

Facilitators: Sue & Chandra

Learning Together: Exploring Indigenous Cultures

Tuesdays

May 5 – July 28

(12 classes)

3:00 pm - 4:15 pm

(in-person)

Note: No class June 16

What will we do?

This group offers an opportunity for our Indigenous community and Treaty Peoples to come together and explore and celebrate Indigenous culture, traditions, and wellness practices in a safe and supportive environment. Participants will learn about the richness of Indigenous heritage while engaging in traditional storytelling, creating dream catchers and other crafts, as well as exploring drumming, smudging and other cultural wellness practices.

What will we learn?

- Gain understanding of Indigenous traditions, history, and cultural practices
- Develop hands-on skills in crafts
- Learn about the spiritual and social significance of drumming, smudging, and other practices
- Experience the importance of community, connection, and shared storytelling in Indigenous culture

Facilitators: Leah & Levi

Maintaining Momentum

Fridays

June 26 – July 31

(Session B: 6 classes)

9:00 am – 10:15 am

(virtual)

or

Fridays

June 26 – July 31

(Session B: 6 classes)

10:30 am – 11:45 am

(in-person)

What will we do?

Are you looking to make progress with your wellness and avoid setbacks?

This group will discuss strategies to maintain gains, minimize obstacles and reduce reversals to achieving our recovery goals.

What will we learn?

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

Facilitators: Keith & Chandra

Managing Anger

Fridays

May 8 – June 12

(Session A: 6 classes)

9:00 am – 10:15 am

(virtual)

or

Fridays

May 8 – June 12

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

What will we do?

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

What will we learn?

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

Facilitators: Sue & Heather

Many Faces of Ego

Thursdays

May 7 – June 11

(Session A: 6 classes)

9:00 am – 10:15 am

(virtual)

What will we do?

In this group we will engage in discussion on how ego shapes how we see ourselves and how we interact with the world. We will talk about how ego can help or hinder our growth. In this group we will explore the different faces of ego, from the inner critic to the people pleaser, and how they impact our relationships, decisions, and sense of self.

What will we learn?

- What is ego
- How ego presents itself in our lives
- Transcending the ego
- How to recognize when ego is impacting different aspects of our lives
- About attachment and ego
- How to let go of ego

Facilitators: Tanya & Heather

Maximizing Your Money

Wednesdays

May 6 – June 10

(Session A: 6 classes)

10:30 am – 11:45 am

(virtual)

What will we do?

This course helps participants make the most of their financial resources by learning how to access housing supports, food-security options, and benefits, subsidies, and community programs. Participants will also build confidence in responsible borrowing, managing credit, and practical budgeting strategies. By the end, they will have the knowledge and tools to stretch their resources, make informed financial decisions, and strengthen long-term stability.

What will we learn?

- Accessing subsidized housing and housing supports
- Finding local food banks and community food programs, and stretching your food budget
- Understanding how credit works and using credit cards wisely
- Tracking expenses, planning ahead, and making money go further
- Identifying and applying for supports, subsidies, and community programs that reduce monthly costs

Facilitators: Stacie & Keith

The Menopause Transition: Insights & Empowerment

Mondays

June 22 – July 27

(Session B: 6 classes)

10:30 am - 11:45 am

(virtual)

What will we do?

This course explores the biological processes, symptoms, and emotional impact of the menopause transition. Participants will learn about hormonal changes, health considerations, and strategies for managing symptoms such as hot flashes, mood changes, and sleep disturbances. The course emphasizes empowerment through education and provides a supportive space to share experiences and strengthen self-advocacy. Whether approaching menopause or supporting others, participants will gain the knowledge to navigate the transition with confidence.

What will we learn?

- An understanding of this normal and natural life transition
- Positive life changes and therapies to manage symptoms and enhance well-being
- How to navigate this new life chapter with resilience and self-compassion
- To challenge cultural stigma and advocate for our health

Facilitators: Stacie & Julie

Mindfulness Meditation

Mondays

May 4 – June 8

(Session A: 5 classes)

9:00 am – 10:15 am

(virtual)

Note: No class May 18

What will we do?

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

What will we learn?

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

Facilitators: Sue & Heather

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

Wednesdays

June 24 – July 29

(Session B: 5 classes)

10:30 am – 11:45 am

(virtual)

Note: No class July 1

What will we do?

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

What will we learn?

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

Facilitators: Stacie & Sue

My Stories, My Voice

Thursdays

May 7 – June 11

(Session A: 6 classes)

10:30 am - 11:45 am

(in-person)

or

Thursdays

June 25 – July 30

(Session B: 6 classes)

10:30 am – 11:45 am

(virtual)

What will we do?

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

What will we learn?

- We will participate in a series of activities that will help you to get comfortable with the process
- How to use your personal experiences to build strength and wellness
- How to use creativity to write your own story

Facilitators: Lori & Sue

Normalizing Symptoms

Mondays

May 4 – June 8

(Session A: 5 classes)

10:30 am – 11:45 am

(in-person)

Note: No class May 18

What will we do?

This group helps participants understand and normalize common mental health experiences such as anxiety, depression, psychosis, anger, and concentration difficulties. It emphasizes that these experiences exist on a spectrum and are more common than many realize, helping reduce shame and stigma. Through discussion, education, and practical coping strategies, participants will gain insight into their experiences, build self-compassion, and develop skills to better manage distress in a supportive, non-judgmental space.

What will we learn?

- Exploration of various mental health diagnoses to help establish what may be considered 'normal' within the context of each diagnosis
- Discussions regarding when symptoms are becoming problematic and begin to take action to help combat them
- Exploring coping strategies and discussing interventions when warning signs pop up
- How to minimize internalized stigma and have a more positive view of ourselves

Facilitators: Keith & Chandra

Off the Wall Miniature Painting with Deb

Mondays

May 6 – July 29

(11 classes)

3:00 pm - 4:15 pm

(in-person)

Note: No class June 17 & July 1

What will we do?

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

What will we learn?

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

Facilitators: Debbie & Nicole

Pathways to Work – Exploring Your Next Steps Towards Employment

Wednesday, May 27

(Session A: 1 class)

10:30 am – 12:30 pm

(in-person workshop)

or

Wednesday, June 24

(Session B: 1 class)

10:30 am – 12:30 pm

(in-person workshop)

What will we do?

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

What will we learn?

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

Facilitators: Katie & Falguni

Pickleball

Tuesdays

May 5 – June 9

(Session A: 6 classes)

10:30 am – 11:45 am

(in-person)

or

Tuesdays

June 23 – July 28

(Session B: 6 classes)

10:30 am – 11:45 am

(in-person)

What will we do?

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

What will we learn?

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

Facilitators: Julie & Sue

Progressive Low Impact Exercise

Tuesdays

May 5 – July 28

(12 classes)

3:00 pm - 4:15 pm

(virtual)

Note: No class June 16

What will we do?

This program combines discussion, demonstration, and instruction to help participants become more physically active while safely challenging their fitness level. Each week includes a 60–75 minute exercise session where everyone works at their own ability. Participants are encouraged to listen to their bodies, do what they can, and take breaks as needed in a supportive, judgment-free environment.

Classes include yoga, light weight muscle strengthening, balance work, and core and cardio exercises. Please have a non-wheeled chair, water, and simple resistance equipment available such as light hand weights, resistance bands, or food cans/full water bottles.

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

What will we learn?

- New exercise options that do not involve going to the gym and that are safe to do at home
- How to develop a new exercise routine that can be done at home with minimal equipment.
- Confidently become more physically active

Facilitators: Julie

Recognizing Basic Goodness and Happiness Within

Wednesdays

May 6 – June 10

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

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.

What will we learn?

- In a supportive environment, we will gain new perspectives on coping with difficulties and challenges and how to apply them to our lives
- We will explore practical tools and insights that empower us to recognize our strengths and navigate their mental health journey with confidence and clarity
- To gain new perspectives and to challenge old fixed mindsets that no longer serve us

Facilitators: Keith & Galen

Safe and Sound: Medication Education with Pharmacy

Wednesdays

May 6 – June 10

(Session A: 6 classes)

1:00 pm – 2:15 pm

(virtual)

or

Mondays

June 22 – July 27

(Session B: 6 classes)

3:00 pm – 4:15 pm

(in-person)

What will we do?

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

What will we learn?

- About schizophrenia and antipsychotics
- About depression and antidepressants
- Discuss bipolar disorder and mood stabilizer
- Discharge and community navigation
- Substance use (benzo/opioid/marijuana), naloxone, and smoking cessation
- Additional topics around medications in mental health

Facilitators: Pharmacy & Heather

Self-Care 101

Mondays

May 4 – June 8

(Session A: 5 classes)

1:00 pm – 2:15 pm

(virtual)

Note: No class May 18

or

Fridays

May 8 – June 12

(Session A: 6 classes)

10:30 am – 11:45 am

(in-person)

What will we do?

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

What will we learn?

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

Facilitators: Keith & Heather (v), Keith & Chandra (i)

Self Discovery Series

Thursdays

May 7 – June 11

(Session A: 6 classes)

1:00 pm – 2:15 pm

(virtual)

What will we do?

This course will guide you through a journey of self-discovery, self-acceptance, and personal growth to help you understand and embrace who you truly are. Throughout the course you will explore different aspects of identity as well as develop self-love and confidence. Each week there will be homework booklets and activities relating to that week's course content to help you engage in your own self-discovery.

What will we learn?

- How to take practical steps to understand and embrace your identity
- How to build a healthier, more compassionate relationship with yourself
- Different aspects of identity, develop self-love and confidence

Facilitators: Bri & Heather

Self Esteem

Wednesdays

June 24 – July 29

(Session B: 5 classes)

10:30 am – 11:45 am

(in-person)

Note: No class July 1

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.

What will we learn?

- What is self-esteem and ways to build it
- Factors that shape and influence self-esteem
- How to communicate assertively
- A variety of ways to set healthy boundaries

Facilitators: Keith & Chandra

Singing 101

Thursdays

May 7 – June 11

(Session A: 6 classes)

3:00 pm – 4:15 pm

(in-person)

or

Thursdays

June 25 – July 30

(Session B: 6 classes)

3:00 pm – 4:15 pm

(in-person)

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

What will we do?

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

What will we learn?

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

Facilitators: Kaitlyn, Clark & Leah

Stitch and B*tch

Thursdays

May 7 – June 11

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

or

Thursdays

June 25 – July 30

(Session B: 6 classes)

1:00 pm – 2:15 pm

(in-person)

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

What will we do?

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

What will we learn?

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

Facilitators: Leah, Denise & Nicole

Thriving Together: Community Wellness Peer Support Group

Mondays

May 4 – June 8

(Session A: 5 classes)

1:00 pm – 2:15 pm

(virtual)

Note: No class May 18

or

Wednesdays

May 6 – June 10

(Session A: 6 classes)

1:00 pm – 2:15 pm

(in-person)

or

Mondays

June 22 – July 27

(Session B: 6 classes)

1:00 pm – 2:15 pm

(virtual)

or

Wednesdays

June 24 – July 29

(Session B: 5 classes)

1:00 pm – 2:15 pm

(in-person)

Note: No class July 1

What will we do?

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

What will we learn?

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

Facilitators: Leah & Nicole



Understanding Core Beliefs

Tuesdays

May 5 – June 9

(Session A: 6 classes)

9:00 am – 10:15 am

(virtual)

What will we do?

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

What will we learn?

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

Facilitators: Sue & Heather

Understanding and Escaping Vices

Mondays

June 22 – July 27

(Session B: 6 classes)

3:00 pm – 4:15 pm

(virtual)

What will we do?

This course explores the psychological, social, and emotional roots of vices—from everyday habits to addiction—offering insight into why we engage in these behaviors. Participants will gain a deeper understanding of triggers, how these habits affect well-being and relationships, and the challenges of breaking free. Through compassionate guidance and practical insights, the course provides a supportive, nonjudgmental space for learning and reflection. Whether pursuing personal growth or supporting others, you'll gain knowledge and tools to foster meaningful change and resilience.

What will we learn?

- The psychology of habit and addiction
- Building supportive environments for lasting transformation
- Practical strategies for reducing harm and reclaiming control
- How to catch, challenge and change our negative thought patterns
- How to form healthy habits

Facilitators: Keith & Stacie

Wellness Walk

Wednesdays

May 6 – June 10

(Session A: 6 classes)

9:00 am – 10:15 am

(in-person)

or

Wednesdays

June 24 – July 29

(Session B: 5 classes)

9:00 am – 10:15 am

(in-person)

Note: No class July 1

What will we do?

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

What will we learn?

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

Facilitators: Leah & Nicole

Who Am I?

Mondays

May 4 – June 8

(Session A: 5 classes)

3:00 pm - 4:15 pm

(virtual)

Note: No class May 18

What will we do?

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

What will we learn?

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

Facilitators: Chandra & Heather

WRAP: Wellness Recovery Action Plan

Thursdays

May 21 – July 16

(8 classes)

1:00 pm – 2:30 pm

(in-person)

Note: No class June 18

What will we do?

Wellness Recovery Action Plan (WRAP) is a course that helps individuals take an active role in managing their mental health and overall well-being. Participants learn how to create a personalized plan that includes simple, effective tools to support their wellness. Throughout the course, participants develop a daily wellness plan, identify triggers and early warning signs that may affect their well-being, and build strategies to stay on track with their goals. The course also helps participants create a support and crisis plan so they can maintain choice and control during challenging times. By the end of the course, participants will have a personalized WRAP plan to help them maintain wellness, respond to challenges, and support their recovery journey.

What will we learn?

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

Facilitators: Tanya & Keith

Write Your Way Forward

Wednesdays

June 24 – July 29

(Session B: 5 classes)

9:00 am – 10:15 am

(virtual)

Note: No class July 1

What will we do?

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

What will we learn?

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

Facilitators: Sue & Heather

Your Personal Recovery Journey

Tuesdays

May 5 – June 9

(Session A: 6 classes)

10:30 am – 11:45 am

(in-person)

or

Thursdays

May 7 – June 11

(Session A: 6 classes)

10:30 am – 11:45 am

(virtual)

or

Tuesdays

June 23 – July 28

(Session B: 6 classes)

10:30 am – 11:45 am

(in-person)

or

Thursdays

June 25 – July 30

(Session B: 6 classes)

10:30 am – 11:45 am

(virtual)

What will we do?

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

What will we learn?

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

Facilitators: Nicole, Leah & Tina

A Zest for Zentangle

Wednesdays

May 6 – June 10

(Session A: 6 classes)

5:15 pm – 6:30 pm

(virtual)

or

Wednesdays

June 24 – July 29

(Session B: 5 classes)

5:15 pm – 6:30 pm

(virtual)

Note: No class July 1

What will we do?

Zentangle Inspired Art (ZIA) is an easy to learn art form that helps promote relaxation and stress reduction. ZIA will allow us to use different images that become 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. This session we will also start to incorporate colour into the pieces. Julie will send a suggested supply list out prior to the start of each session.

What will we learn?

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

Facilitators: Julie



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