

Fall 2024 Course Guide

Recovery College Hotline:

905-430-4055 x 6990

Recovery College Leader

Allison Stevens, ext. 6435

Peer Support Department:

Chandra Amodeo, ext. 6791

Sue Hie, ext. 6378

Nicole Meens Miller, ext. 6307

Heather Morhorn, ext. 6550

Keith Wilen, ext. 6961

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Unknown Battle

We are still humans despite our delusions
We are strong from the constant battle we have in our minds each and everyday
without pause
We are able to love despite the emotional walls we build around ourselves too
prevent us from getting hurt
We are able to control ourselves and not all of us are violent or sinister like what
the movies portray us to be
We maybe to loud despite our best intentions to be quiet
We may see things that are not there but please believe us that we could be truly
scared even though you know that there is nothing there to be scared of
We may not look like we feel emotions or are “flat” sometimes its from the side
effects of the meds we take to keep us well
We can still express ourselves but please be patient with us our thought process
could be jumbled, or we will be slow to respond to your comments or to express
an idea
We can communicate in other ways but not always through words
We are able to be vulnerable despite the strong front we put on each and every
day
We are to be admired for the courage that took us to ask for help and to some
who are able to stand up against the prejudice & stigma society can place on us as
a whole.

Amber Phillips

What is Recovery?

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

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

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

The Recovery College at Ontario Shores

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

Post-Secondary Recovery College

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

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

Brooklyn Bastarache at (905)-430-4055 ext. 6979 or bastaracheb@ontarioshores.ca

Kennan Gregory at (905)-430-4055 ext. 6895 or gregoryke@ontarioshores.ca

Courses within the Recovery College

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

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

Peer Tutors

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

Recovery College Mission, Vision, Values

Mission

To support individuals in their personal journey of recovery.

Vision

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

Values

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

Courses in yellow are virtual

Courses in green are in person at Ontario Shores

Courses in red are in the community, please check the course details

Registration Process

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

New Student Registration

1. Visit <https://recoverycollege.ontarioshores.ca/welcome>
2. You then need to select the New Student Button:

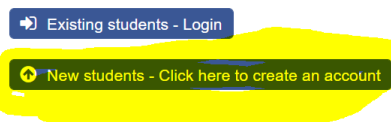
Learning and recovery - Courses provide education about mental illnesses, treatment, wellness and ultimately discovering or rediscovering passions, hope, and meaning. The Recovery College complements professional assessment and treatment by helping participants understand their challenges and learn how to manage them better to pursue their aspirations. Recovery College is a place where "lived experience" is blended with the expertise of mental health professionals to help participants develop meaningful goals for recovery. We look forward to accompanying you on your recovery journey!

Virtual Course Offerings

Virtual Courses will take place over the Zoom platform.

Registration:

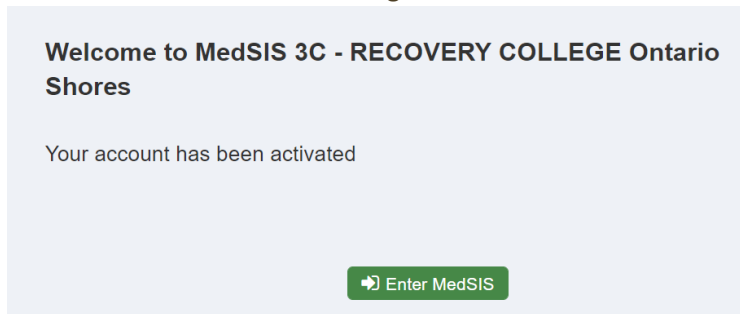
- All are welcome! Registrants are not required to be receiving services from Ontario Shores to be eligible.
- The winter semester begins on January 4th and runs through April 1st
- Registration is open beginning November 22, 2021



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

From: medsis@knowledge4you.com

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



7. Click on > Enter MedSIS
8. Enter your credentials
9. You will now see:

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

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

The screenshot shows the MedSIS 3C dashboard. On the left, the 'Registration Requirements' section is active for the '2022 Winter S' session. It lists two requirements: 'Registration Form' with an 'Outstanding' status and 'Membership Agreement' with a 'Signature Required' status. A yellow circle highlights a 'details...' link at the bottom of this section. On the right, the 'Alerts' section contains two notifications: one for the 'Registration Form' and another for the 'Membership Agreement Signature Required'. A 'details...' link is also visible at the bottom right of the alerts section.

10. Click on > details

11. Complete Registration Form & Membership Agreement

The screenshot shows the 'Requirements' section of the MedSIS 3C dashboard. It indicates that 2 out of 2 requirements are 'Not Completed'. The first requirement is 'Registration Form', which has not been submitted yet. It shows an 'Outstanding' status and a 'Start Registration' button highlighted in yellow. The second requirement is 'Membership Agreement', which has not been signed yet. It shows a 'Signature Required' status and a 'Sign Off' button highlighted in yellow.

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

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

Returning Student Registration

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

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

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

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

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

☰ Requirements Session : 2022 Winter ... ▾

✖ Not Completed 2 out of 2

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

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

Recovery College Fall 2024 Semester

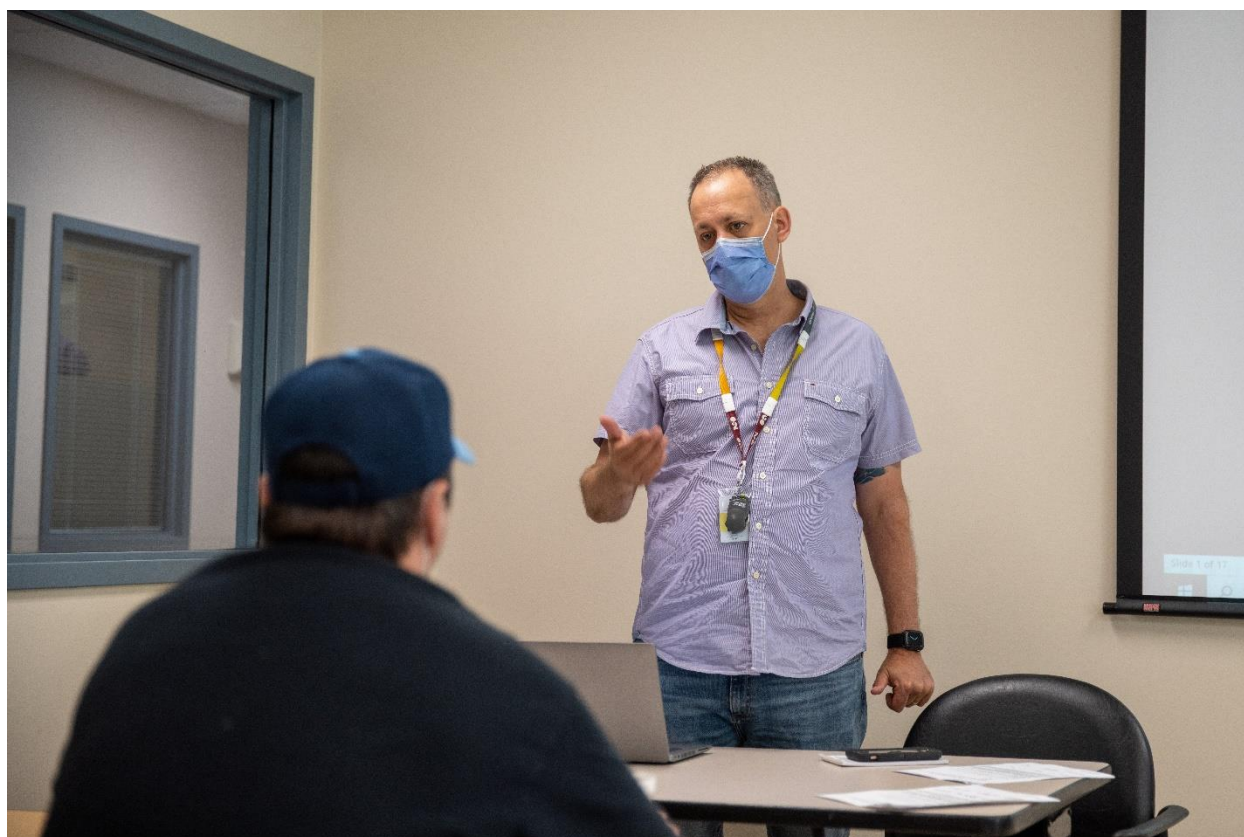
Semester Dates:

September 3, 2024 – November 29, 2024

Session A: Sep 3 – Oct 11

Session B: Oct 21 – Nov 29

(No class – Monday, October 14 (Thanksgiving) & Monday, November 11 (Remembrance Day))



Recovery College Fall 2024 Semester **Session A**

September 3, 2024 – November 29, 2024



No class – Monday, October 14 (Thanksgiving) & Monday, November 11, 2024 (Remembrance Day)

Session A: Sep 3 – Oct 11 Session B: Oct 21 – Nov 29

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness – A & B Sue & Heather Sep 9 – Nov 25 10 Weeks (No Class Oct 14, Nov 11)	Virtual – Virtual - Glimmers, Spoon, Fork Theory - A Sep. 3 – Oct 8 6 Weeks Sue & Heather	Virtual – Exploring Core Beliefs - A Sep 4 – Oct 9 6 Weeks Sue & Heather	Virtual – Exploring Radical Acceptance - A Sep 5 – Oct 10 6 Weeks Sue & Heather	Virtual - Speaks to Readiness - A Sep 6 – Oct 11 6 Weeks Sue & Heather
10:30am-11:45am	Virtual - 4 Pillars of a Good Life - A Sep 9 – Oct 7 5 Weeks Sue & Nic	In-Person - Coping with Depression - A Sep. 3 – Oct 8 6 weeks Keith & Chandra	In-Person - Recognizing Basic Goodness and Happiness Within - A Sep. 4 – Nov 6 9 classes (No class Oct. 2) Keith & Galen	Virtual - My Stories, My Voice - A Sep 5 – Oct 10 6 Weeks Sue & Lori	Virtual - Living a Healthy Lifestyle - A & B Sep 20 - Nov 8 8 weeks Julie and Joanna
	Virtual - Creative Writing – A Sep 9 – Oct 7 5 weeks Julie & Krishna		In-Person Pop-Up Art Hive - LivingRoom Art Studio Collaboration – A Sep 4 – Sep 25 10:30 am – 12:00 pm 4 weeks Mary K	Virtual - Progressive Fitness – A & B Sep 5 – Nov 28 11 Weeks Julie (No class on Oct 17)	In-Person Communication & Conflict - A Sep 6 – Oct 11 6 weeks Keith & Chandra
	In-Person - Overcoming Challenges - A Sep 9 – Oct 7 5 Weeks Keith & Chandra			In-Person - Self-Esteem - A Sep 5 – Oct 10 6 Weeks Keith & Chandra	

1:00-2:15pm	In Person – Learning About Mindfulness – A & B Sep 9 – Nov 25 10 Weeks (No Class Oct 14, Nov 11) Sue & Heather	In Person - Glimmers, Spoon, Fork Theory - A Sep. 3 – Oct 8 6 Weeks Sue & Heather	In Person - Exploring Core Beliefs - A Sep 4 – Oct 9 6 Weeks Sue & Heather	In Person – Exploring Radical Acceptance - A Sep 5 – Oct 10 6 Weeks Sue & Heather	In Person - Speaks to Readiness - A Sep 6 – Oct 11 6 Weeks Emiliana & Heather
	In-Person - The Art of Craft - A Sep 9 – Oct 7 5 weeks Julie	Virtual - Women’s Group – A Sep 3 – Oct 8 6 weeks Julie	In-Person - Art Journaling - A Sep 4 – Oct 9 6 weeks Julie & Robin	In-Person - Music for Self-Care - A Sep 5 – Oct 10 6 weeks Kaitlyn & Clark	Virtual – Friday Yoga Flow – A & B Sep 6 – Nov 29 11 weeks Julie
	Virtual – Overcoming Challenges - A Sep 9 – Oct 7 5 weeks Keith & Chandra	Hybrid - DMHS & OS Maintaining Momentum - A Sep 3 – Oct 8 6 weeks Cormack Station Keith	Virtual - Coping with Anxiety and Panic – A Sep 4 – Oct 9 6 weeks Keith & Chandra	Virtual - Self-Esteem - A Sep 5 – Oct 10 6 weeks Keith & Chandra	Virtual - Advocacy - A Sep 6 – Oct 11 6 weeks Keith & Chandra
		Virtual - Self-Esteem Boost: Pathways to Wellness and Self-Care - A Sep 3 – Oct 8 6 weeks Chandra & Colleen			
3:00 pm-4:15 pm		In-Person Yoga Flow - A & B Sept 3 – Nov 26 No class Oct 15 12 Weeks Julie & Sue	In-Person - Mindfulness Steps - A (Meet at Different Trails in Whitby) Sep 4 – Oct 9 6 Weeks Sue	Virtual - Discovering Water Colours - A Sep 5 – Oct 10 6 weeks Julie & Ashley	
			In-Person – Off the Wall Miniatures with Deb – A & B Sep 11 – Nov 27 12 weeks Nicole & Deb	In-Person - Conquering Loneliness – A @ the Clarington Library Sep 12- Oct 17 6 weeks Chandra, Sue & Nicole	
5:15 pm – 6:30 pm			Virtual - ZIA – Zentangle® Inspired Art – A Sep 4 – Oct 9 6 weeks Julie		

Recovery College Fall 2024 Semester **Session B**

September 3, 2024 – November 29, 2024

No class – Monday, October 14 (Thanksgiving) & Monday, November 11, 2024 (Remembrance Day)

Session A: Sep 3 – Oct 11 Session B: Oct 21 – Nov 29



Ontario Shores
Centre for Mental Health Sciences

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness – A & B Sep 9 – Nov 25 10 Weeks Sue & Heather (No Class Oct 14, Nov 11)	Virtual – The Art of Social Interactions Oct 15 – Nov 19 6 weeks Sue & Heather	Virtual - Managing Anger - B Oct 16 – Nov 20 6 Weeks Sue & Heather	Virtual - Exploring Non-Attachment - B Oct 17 – Nov 21 6 weeks Sue & Heather	Virtual - Building Resiliency - B Oct 18 – Nov 22 6 weeks Sue & Heather
10:30am-11:45am	In-Person - 4 Pillars of A Good Life - B Oct 21 – Nov 25 5 Weeks Sue & Nic (No Group Nov 11)	In-Person - Building Better Boundaries - B Oct 22 – Nov 26 6 Weeks Keith & Chandra	In-Person - Course Facilitation Skills Training - B Oct 23 – Nov 27 6 Weeks Keith & Chandra	Virtual - My Stories, My Voice - B Oct 17 – Nov 21 6 weeks Sue & Lori	Virtual - Living a Healthy Lifestyle – A & B Sep 20 to Nov 8 8 weeks Julie and Joanna
	Virtual - Creative Writing - B Oct 21 – Nov 5 Julie & Krishna 5 weeks		In-Person Pop-Up Art Hive - LivingRoom Art Studio Collaboration – B Oct 23 – Nov 13 10:30 am – 12:00 pm 4 weeks Mary K	Virtual - Progressive Fitness – A & B Sep 5 – Nov 28 Julie 11 Weeks	
	In-Person - Self-Care 101 - B Oct 21 – Nov 25 6 Weeks Keith & Chandra			In-Person - Conquering Loneliness - B Oct 24 – Nov 28 6 Weeks Keith & Chandra	In-Person - Open Peer Discussion Painting & Colouring - B Oct 25 – Nov 29 6 Weeks Keith & Chandra

1:00- 2:15pm	<p>In-Person – Learning About Mindfulness – A & B Sep 9 – Nov 25 10 Weeks Sue & Heather (No Class Oct 14, Nov 11)</p>	<p>In-Person – The Art of Social Interactions Oct 15 – Nov 19 6 Weeks Sue & Heather</p>	<p>In-Person - Managing Anger - B Oct 16 – Nov 20 6 Weeks Sue & Heather</p>	<p>In-Person - Exploring Non-Attachment - B Oct 17 – Nov 21 6 Weeks Sue & Heather</p>	<p>In-Person - Building Resiliency - B Oct 18 – Nov 22 6 weeks Sue & Heather</p>
	<p>In-Person - The Art of Craft - B Oct 21 – Nov 25 6 weeks Julie</p>	<p>Virtual - Women’s Group - B Oct 22 - Nov 26 6 weeks Julie</p>	<p>In-Person Art Journaling - B Oct 23 – Nov 27 6 weeks Julie & Robin</p>	<p>In-Person - Music for Self-Care - B Oct 24 – Nov 28 6 weeks Kaitlyn & Julie</p>	<p>Virtual – Friday Yoga Flow – A & B Sep 6 – Nov 29 11 weeks Julie</p>
	<p>In-Person - Budget Bites: Eating Healthy on a Budget - B (Cooking Class) Oct 21 – Nov 25 5 Weeks Nicole & Chandra (No class Nov 11)</p>	<p>In-Person – WRAP - B Cormack Station Oct 22 – Dec 10 8 Weeks Keith</p>	<p>Virtual - Identifying Unhealthy Relationships - B Oct 23 – Nov 27 6 Weeks Keith & Chandra</p>	<p>Virtual - Pursuing Dream and Aspirations - B Oct 24 – Nov 28 6 Weeks Keith & Chandra</p>	<p>Virtual - Open Peer Discussion – B Oct 25 – Nov 29 6 Weeks Keith & Chandra</p>
	<p>Virtual - Exploring Our Relationship with Body Image and Food - B Oct. 21 – Dec. 2 6 Weeks Stacie & Keith</p>				
3:00 pm- 4:15 pm		<p>In-Person – Yoga Flow - A & B Sept 3 – Nov 26 (12 weeks) No class Oct 15 Julie & Sue</p>	<p>In-Person - Mindfulness Steps – B (Meet at Different Trails in Whitby) Oct 16 – Nov 20 6 Weeks Sue</p>	<p>Virtual - Discovering Water Colours - B Oct 24 – Nov 28 6 weeks Julie & Ashley</p>	
			<p>In-Person – Off the Wall Miniatures with Deb – A & B Sep 11 – Nov 27 12 weeks Nicole & Deb</p>		
5:15 pm – 6:30 pm			<p>Virtual - ZIA – Zentangle® Inspired Art- B Oct 23 – Nov 27 6 weeks Julie</p>		
6:00 pm – 7:30 pm			<p>Virtual – Empowering Caregivers: Navigating Compassion, Advocacy & Well-being – B Oct 23 – Nov 27 6 weeks Nicole & Chandra</p>		

List of Course Descriptions

Use CTRL F to
search document

Course Name	Day, Time & Dates	Course Description
Virtual - Mindfulness - A & B	Monday 9:00 am – 10:15 am Sept 9 – Nov 25 10 Weeks (No Class Oct 14, Nov 11)	<p>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.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn • To stay in the present in order to foster a positive and comfortable emotional state <p>Facilitator(s): Sue & Heather Day & Time: Monday 9:00 am – 10:15 am Number of Classes: 10</p>
Virtual - 4 Pillars of A Good Life - A	Monday 10:30 am- 11:45 am Sept 9 – Oct 7 5 Weeks	<p>What will we do? The purpose of this class is to teach people about the benefits of living according to a system of values in a society that has little value for applied philosophy (and to do it in such a way that is much less boring than that sentence). To take the idea of locus of control and figure out what one can actually do with it, taking an abstract philosophical concept and making it concrete and livable.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • Learn the basics of Stoicism and its 4 Cardinal Virtues, and how those virtues relate to one another. • How to apply this knowledge to life. • Learn to improve emotional regulation, which would mean symptom relief for anxiety, depression, anger and more. <p>Facilitator(s): Sue & Nic Day & Time: Monday 10:30 am – 11:45 am Number of Classes: 5</p>
Virtual - Creative Writing - A	Monday 10:30 am- 11:45 am Sept 9 – Oct 7	<p>What will we do? We will explore all-new poetry using various forms. Each style will be presented and we will have opportunities to write during each session, either collectively or individually. Examples of poetic types in session A will include: Alexandrine, Clerihew, Limerick, Tricube & Concrete Poetry Examples of poetic types in session B will include: Blackout Poetry, Tautogram, Cinquain, Epigram & Triolet</p>

	<p>5 Weeks</p>	<p>We invite you to share what you have written with the group, though sharing is never required. Krishna and Julie are looking forward to writing with you!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To expand our knowledge of poetry writing abilities. • To connect with ourselves on a deeper level. • To effectively communicate our thoughts through our poetry, while we have fun expanding our creativity! <p>Facilitator(s): Julie & Krishna Day & Time: Monday 10:30 – 11:45 am Number of Classes: 5</p>
<p>In-Person - Overcoming Challenges - A</p>	<p>Monday 1:00 pm – 2:15 pm Sep 9 – Oct 7 5 Weeks</p>	<p>What will we do? How do we overcome the challenges we face? How do we continue to find hope when life seems unfair? Each one of us has faced challenges in life and we will all continue to experience challenges throughout our lives. This course will help us to understand that life challenges are inevitable and for the most part out of our control. We will explore a variety of ways to overcome, or at least accept, the challenges we face while maintaining our well-being.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The inevitability of facing life challenges • Different types of life challenges • Strategies for accepting your life exactly as it is • Strategies for letting go of things beyond our control • Strategies for dealing with difficult people • How to handle difficult questions pertaining to our mental health • Strategies for dealing with bullying and eliminating mental health stigma • How to advocate for yourself <p>Facilitator(s): Keith & Chandra Day and time: Monday 10:30 am - 11:45 am pm # of sessions: 6</p>
<p>In-Person - Learning About Mindfulness - A & B</p>	<p>Monday 1:00 pm – 2:15 pm Sept 9 – Nov 25 10 Weeks (No Class Oct 14, Nov 11)</p>	<p>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.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn • To stay in the present in order to foster a positive and comfortable emotional state <p>Facilitator(s): Sue & Heather</p>

		<p>Day & Time: Monday 1:00 pm – 2:15 pm</p> <p>Number of Classes: 10</p>
<p>In-Person - The Art of Craft - A</p>	<p>Monday 1:00 pm – 2:15 pm</p> <p>Sept 9 – Oct 7</p> <p>5 weeks</p>	<p>What will we do?</p> <p>Art can be referred to the conscious use of skill and creative imagination especially in the production of aesthetic objects. And the art of craft leads us to learning new skills and practicing ones that we may already have to create beautiful art pieces using a variety of supplies. In addition to this, we will be working towards craft projects that use different techniques to create wonderful things either for ourselves or to be given as gifts as the holiday season is approaching.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To actively engage in the process of creating art without being critical of self • To give renewed importance to the process of creating as an outlet as well as an opportunity to grow • To develop our skills and confidence when learning new art pieces <p>Facilitator(s): Julie</p> <p>Day & Time: Monday 1:00 pm – 2:15 pm</p> <p>Number of Classes: 5</p>
<p>Virtual - Overcoming Challenges - A</p>	<p>Monday</p> <p>1:00 pm – 2:15 pm</p> <p>Sept 9 – Oct 7</p> <p>6 weeks</p>	<p>What will we do?</p> <p>How do we overcome the challenges we face? How do we continue to find hope when life seems unfair? Each one of us has faced challenges in life and we will all continue to experience challenges throughout our lives. This course will help us to understand that life challenges are inevitable and for the most part out of our control. We will explore a variety of ways to overcome, or at least accept, the challenges we face while maintaining our well-being.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The inevitability of facing life challenges • Different types of life challenges • Strategies for accepting your life exactly as it is • Strategies for letting go of things beyond our control • Strategies for dealing with difficult people • How to handle difficult questions pertaining to our mental health • Strategies for dealing with bullying and eliminating mental health stigma • How to advocate for yourself <p>Facilitator(s): Keith & Chandra</p> <p>Day and time: Monday 10:30 am - 11:45 am</p> <p># of sessions: 6</p>
<p>Virtual - Glimmers,</p>	<p>Tuesday</p> <p>9:00 am - 10:15 am</p>	<p>What will we do?</p> <p>Explore emotional resilience and how it impacts our lives Discover how glimmers can help to regulate your nervous system Recognize how to use your five senses to notice glimmers</p>

<p>Spoon, Fork Theory - A</p>	<p>Sept 3-Oct 8 6 Weeks</p>	<p>Nourish authentic connections with ourselves and others</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • the difference between glimmers and triggers • How to use glimmers to stay in the present • How to use glimmers to reduce your stress • How to use glimmers to connect with the world around you <p>Facilitator(s): Sue & Heather Facilitator(s): Sue & Heather Day & Time: Tuesday 9:00 am – 10:15 am Number of Classes: 6</p>
<p>In-Person - Coping with Depression - A</p>	<p>Tuesday 10:30 am – 11:45 am Sep. 3 – Oct 8 6 weeks</p>	<p>What will we do? We've all been sad or had moments of a low mood at times in our lives, but what happens when we can't pull ourselves out of these prolonged funks? In this group we will increase our understanding and knowledge about depression and gain skills to help recognize and manage symptoms that can frequently occur. Collectively we'll identify and implement healthy coping mechanisms and explore a variety of treatments that help manage day-to-day symptoms.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Identify signs and symptoms of depression • The importance of a support system and developing a crisis plan • Exploring a variety of different treatment options and coping strategies • Examining personal triggers and enforcing boundaries • Discuss our experiences with stigma and how to normalize depression through effective conversations <p>Facilitator(s): Keith & Chandra Day & Time: Tuesday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person - Glimmers, Spoon, Fork Theory - A</p>	<p>Tuesday 1:00 pm – 2:15 pm Sept. 3 – Oct 8 6 Weeks</p>	<p>What will we do? Explore emotional resilience and how it impacts our lives Discover how glimmers can help to regulate your nervous system Recognize how to use your five senses to notice glimmers Nourish authentic connections with ourselves and others</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • the difference between glimmers and triggers • How to use glimmers to stay in the present • How to use glimmers to reduce your stress • How to use glimmers to connect with the world around you <p>Facilitator(s): Sue & Heather Day & Time: Tuesday 1:00 pm – 2:15 pm Number of Classes: 6</p>

<p>Virtual - Women’s Group - A</p>	<p>Tuesday 1:00 pm – 2:15 pm Sept. 3 – Oct 8 6 weeks</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitator(s): Julie Day & Time: Tuesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - Self-Esteem Boost: Pathways to Wellness and Self-Care - A</p>	<p>Tuesday 1:00 pm – 2:15 pm Sep 3 – Oct 8 6 weeks</p>	<p>What will we do? Explore the transformative journey of enhancing self-esteem and nurturing wellness in the "Self-Esteem Boost: Pathways to Wellness and Self-Care" course. Designed for individuals seeking to cultivate a deeper understanding of themselves and their needs, this course blends practical strategies with personal insights to foster personal growth and resilience.</p> <p>Throughout this course, participants will embark on a guided exploration of key themes including self-awareness, self-compassion, and effective self-care practices. By exploring these areas, students will learn how to recognize and challenge negative self-perceptions, develop healthier thought patterns, and cultivate a positive self-image.</p> <p>Join us on a transformative journey toward self-discovery and empowerment. Embrace the power of self-esteem, unlock pathways to wellness, and elevate your self-care practices in a course designed to inspire lasting personal transformation.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Develop a deeper understanding of self-esteem and its impact on overall well-being. • Explore practical strategies for enhancing self-awareness and self-compassion. • Learn effective techniques for nurturing mental, emotional, and physical wellness.

		<p>Facilitator(s): Chandra & Colleen Day & Time: Tuesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Hybrid - Maintaining Momentum (with Durham Mental Health Services) - A</p>	<p>Tuesday 1:00 pm – 2:15 pm Sep 3 – Oct 8 6 weeks</p>	<p>What will we do? Are you looking to make progress with your wellness and to avoid setbacks? This group will discuss strategies to maintain gains, minimize obstacles and reduce reversals to achieving our recovery goals.</p> <p>What will you learn? In a supportive environment, we will look at a variety of coping mechanisms, tools, and resources to help keep us on the right path of our wellness journeys. Participants are also encouraged to share with others the healthy strategies that have worked for them as well!</p> <p>This course is taking place at: Cormack Station 250 Hickory St S, Whitby</p> <p>Facilitator(s): Keith & DMHS Day & Time: Tuesday 1:00 pm - 2:15 pm Number of Classes: 6</p>
<p>In-Person - Yoga Flow - A & B</p>	<p>Tuesday 3:00 pm – 4:15 pm Sept. 3 – Nov 26 6 Weeks</p>	<p>What will we do? We know that yoga can be a great workout but it is more than that. It connects us with our body by practicing breathing techniques, working on our posture as well as strength, flexibility, balance and stamina. Yoga may also assist us with focusing, concentration and quieting our minds. The type of yoga that this is based on is Hatha yoga. It focuses on strengthening the body and involves physical postures (asanas) and breathing techniques (pranayama).</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 • To build confidence to continue to practice after the session has ended for continued benefits <p>Facilitator(s): Julie & Sue Day & Time: Tuesday 3:00 pm - 4:15 pm Number of Classes: 6</p>
<p>Virtual - Exploring Core Beliefs - A</p>	<p>Wednesday 9:00 am – 10:15 am Sept 4 – Oct 9</p>	<p>What will we do? Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Through structured curriculum, activities and discussion we will explore our core beliefs and find ways to leverage them while maintaining our recovery wellness.</p>

	6 Weeks	<p>What will we learn?</p> <ul style="list-style-type: none"> To explore our Core beliefs To understand where our core beliefs come from How our core beliefs impact us on a day to day basis How to leverage our core beliefs in perusing, maintaining our recovering wellness <p>Facilitator(s): Sue & Heather Day & Time: Wed 9:00 am -10:15 am Number of Classes: 6</p>
<p>In-Person - Recognizing Basic Goodness and Happiness Within - A</p>	<p>Wednesday</p> <p>10:30 am – 11:45 am</p> <p>Sep. 4 – Nov 6</p> <p>9 classes</p> <p>(No class Oct. 2)</p>	<p>What will we do?</p> <p>Sometimes when we are faced with adversity and challenges in our lives, especially when it comes to our mental health, it is easy to get discouraged and have an outlook of doom and gloom as we try to move forward in our recovery journeys. This course offers a look at life through a lens that we are all whole and complete with everything we need to give something wonderful back to the world. Plenty of examples, videos, group discussion, and helpful practices will be incorporated into the course.</p> <p>What will we learn?</p> <p>In a supportive environment, students will gain a new perspective with coping with difficulties and challenges and how to apply them to our daily lives.</p> <p>Facilitator(s): Keith & Galen Day and time: Wednesday 10:30 am – 11:45 am # of sessions: 6</p>
<p>In-Person - Pop-Up Art Hive - LivingRoom Art Studio Collaboration - A</p>	<p>Wednesday</p> <p>10:30 am – 11:45 am</p> <p>Sep. 4 – Sep 25</p> <p>4 weeks 4 weeks</p>	<p>What will we do?</p> <p>Express yourself and connect with others in a Pop-Up Art Hive with Mary K. Let yourself make whatever you want (or need) to make with the wide range of materials and tools we have on hand in a supportive, social environment. All forms of creative self-expression are welcome. No art experience required, just a willingness to explore your creative potential alongside others.</p> <p>What will you learn?</p> <p>In the Art Hive it's possible to:</p> <ul style="list-style-type: none"> Experiment making different kinds of art Communicate and connect with others Explore ways of telling your story creatively Inspire one another through what you create Feel good about what you do and who you are Learn new things about yourself and your community <p>Facilitator(s): Mary K Day & Time: Wednesday 10:30 am – 12:00 pm Number of Classes: 4</p>

<p>In-Person - Exploring Core Beliefs - A</p>	<p>Wednesday 1:00 – 2:15 pm Sept 4 – Oct 9 6 Weeks</p>	<p>What will we do? Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Through structured curriculum, activities and discussion we will explore our core beliefs and find ways to leverage them while maintaining our recovery wellness.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To explore our Core beliefs • To understand where our core beliefs come from • How our core beliefs impact us on a day to day basis • How to leverage our core beliefs in pursuing and maintaining our recovery wellness <p>Facilitator(s): Sue & Heather Day & Time: Wed 1:00 pm -2:15 pm Number of Classes: 6</p>
<p>In-Person - Art Journaling - A</p>	<p>Wednesday 1:00 pm – 2:15 pm Sept 4 – Oct 9 6 weeks</p>	<p>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 5 weeks of this group. During this program, we will express our individual creativity while working within the decided upon theme. Each theme will have a learning process to assist in the development of the journal page or pages. Upon completion, participants are encouraged to continue their journaling journey. As this is an in-person group, supplies will be provided each week.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • An increased knowledge of art journaling and self-reflection related to the weekly themes. • Engaging in various artistic techniques while completing the journal pages <p>Facilitator(s): Julie & Robin Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - Coping with Anxiety and Panic - A</p>	<p>Wednesday 1:00 pm – 2:15 pm Sep 4 – Oct 9 6 weeks</p>	<p>What will we do? We've all been sad or had moments of a low mood at times in our lives, but what happens when we can't pull ourselves out of these prolonged funks? In this group we will increase our understanding and knowledge about depression and gain skills to help recognize and manage symptoms that can frequently occur. Collectively we'll identify and implement healthy coping mechanisms and explore a variety of treatments that help manage day-to-day symptoms.</p>

		<p>What will we learn?</p> <ul style="list-style-type: none"> • Identify signs and symptoms of depression • The importance of a support system and developing a crisis plan • Exploring a variety of different treatment options and coping strategies • Examining personal triggers and enforcing boundaries • Discuss our experiences with stigma and how to normalize depression through effective conversations <p>Facilitators: Keith & Chandra Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In-Person - Mindfulness Steps - A</p>	<p>Wednesday</p> <p>3:00 pm – 4:15 pm</p> <p>Sep 4 – Oct 9</p> <p>6 Weeks</p>	<p>What will we do?</p> <p>In this mindfulness steps group, we will be combining the physical activity of hiking with the practice of mindfulness, creating a holistic experience that nurtures both body and mind.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Mind-Body Connection: Integrating physical activity with mindfulness practices strengthens the mind-body connection, enhancing overall well-being. • Guided Meditation: Before setting off on the hike, there might be a guided meditation session to help students center themselves and cultivate awareness of the present moment. • Mindful Walking: During the hike, students practice mindful walking, focusing on each step and the sensations of movement. This involves being fully present in the experience without judgment or distraction. • Sensory Awareness: Throughout the hike, individuals are encouraged to engage their senses fully—observing the sights, sounds, smells, and textures of the natural environment. This heightened sensory awareness enhances the mindfulness experience. <p>Facilitator(s): Sue Day & Time: Wednesday 3:00 pm – 4:15 pm Number of Classes: 6</p>
<p>In-Person - Off the Wall Miniatures with Deb - A & B</p>	<p>Wednesday</p> <p>3:00 pm – 4:15 pm</p> <p>Sep 11 – Nov 27</p> <p>12 weeks</p>	<p>What will we do?</p> <p>We will be painting plastic miniature figures, Warhammer 40k/Age of Sigmar, that can be used for table top games, or kept as collectables. We will use the first part of the course to paint our miniatures and the second part of the course we will play Warhammer 40k.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • How to choose a colour scheme • How to properly thin and apply acrylic paint • How to use a wet palette • How to layer paint • How to drybrush paint • How and when to use shades • How to base the model • How to design terrain

		<ul style="list-style-type: none"> How to play Warhammer 40k <p>Facilitator(s): Nicole & Deb Day & Time: Wednesday 3:00 pm – 4:15 pm Number of Classes: 12</p>
Virtual - ZIA - Zentangle® Inspired Art - A	<p>Wednesday</p> <p>5:15 pm – 6:30 pm</p> <p>Sept 4 – Oct 9</p> <p>6 weeks</p>	<p>What will we do?</p> <p>The main goal of Zentangle® Inspired Art is an easy to learn art form that help promote relaxation, stress reduction and to reach flow. By using smaller paper tiles made out of cardstock instead of the regular sized paper, feelings of being overwhelmed while creating is minimized. Additionally, your creation becomes a unique piece of artwork that you can do anywhere. Learn how to create your own small art kit to take with you, so you can practice this art form wherever you are.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> To experience the relaxation aspects of small tile drawing; getting lost in the flow of repetition, rhythm and pattern to create fun pieces To demonstrate how practicing with smaller tiles can allow promote increased relaxation and stress management <p>Facilitator(s): Julie Day & Time: Wednesday 5:15 pm – 6:30 pm Number of Classes: 6</p>
Virtual - Exploring Radical Acceptance - A	<p>Thursday</p> <p>9:00 – 10:15 am</p> <p>Sept 5 – Oct 10</p> <p>6 Weeks</p>	<p>What will we do?</p> <p>In this course we will learn how Radical Acceptance can help to recognize and identify emotions that can be difficult to feel as well as tools to help recognize unhelpful thoughts, which can help us gain the power back to direct our emotions in a way that will allow us to grow. In this space we will have the opportunity to learn from each other and share strategies and experiences.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> We will learn how to speak in a more compassionate to ourselves with various techniques, self-talk, as well as some meditation practices. We will learn how to recognize our emotions, feel them and change the way we think and let go of all those emotions we can tend to cling to. <p>Facilitator(s): Sue & Heather Day & Time: Thursday 9:00 am -10:15 am Number of Classes: 6</p>
Virtual - My Stories, My Voice - A	<p>Thursday</p> <p>10:30 am – 11:45 am</p> <p>Sept 5 – Oct 10</p>	<p>What will we do?</p> <p>Sharing your experiences can be a meaningful way to change your story from one of illness to one of strength and wellness. In this course, you will learn how to use your own personal and unique lived experience to craft your own story. You will work towards feeling comfortable and confident with sharing your work in progress in front of a group of peers while accepting gentle feedback in order to make your story the best it can be.</p>

	6 Weeks	<p>What will you learn?</p> <ul style="list-style-type: none"> • Participate in a series of activities that will help you to get comfortable with the process • Mine your memory for experiences you would like to use in the story you choose to tell • Have one on one feedback sessions with an instructor • Have the opportunity to share your story in progress with your group of peers • Tell your story during the final session of the course <p>Facilitator(s): Sue & Lori Day & Time: Thursday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>Virtual - Progressive Low Impact Exercise - A & B</p>	<p>Thursday 10:30 am – 11:45 am</p> <p>Sept 5 – Nov 28</p> <p>(11 weeks)</p> <p>* No class Oct 17</p>	<p>What will we do? This program will combine discussion, demonstration and instruction to ensure that everyone gets more physically active while challenging their level of fitness. Each week we will complete a 50 to 60-minute exercise program. This program will combine yoga, muscle strengthening using light weights, balance work as well as core and cardio exercises. For each class, please have a non-wheeled chair available along with water to drink and some type of resistance equipment available such as light weight hand weights, resistance bands or food cans/full water bottles.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • To learn new exercise options that do not involve going to the gym and that are safe to do • To develop a new exercise routine that can be done at home with minimal equipment • To confidently become more physically active <p>Facilitator(s): Julie Day & Time: Thursday 10:30 AM – 11:15 AM Number of Classes: 11</p>
<p>In-Person - Self-Esteem - A</p>	<p>Thursday 10:30 am – 11:45 am</p> <p>Sept. 5 – Oct. 10</p> <p>6 weeks</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is Self-esteem and ways to build it • Factors that shape and influence self-esteem • How to communicate assertively • Ways to set healthy boundaries <p>Facilitator(s): Keith & Chandra Day & Time: Thursday 10:30 am – 11:45 am Number of Classes: 6</p>

<p>In-Person - Exploring Radical Acceptance - A</p>	<p>Thursday 1:00 pm – 2:15 pm Sept 5 – Oct 10 6 Weeks</p>	<p>What will we do? In this course we will learn how Radical Acceptance can help to recognize and identify emotions that can be difficult to feel as well as tools to help recognize unhelpful thoughts, which can help us gain the power back to direct our emotions in a way that will allow us to grow. In this space we will have the opportunity to learn from each other and share strategies and experiences.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • We will learn how to speak in a more compassionate to ourselves with various techniques, self-talk, as well as some meditation practices. • We will learn how to recognize our emotions, feel them and change the way we think and let go of all those emotions we can tend to cling to. <p>Facilitator(s): Sue & Heather Day & Time: Thursday 1:00 pm -2:15 pm Number of Classes: 6</p>
<p>Virtual - Self-Esteem - A</p>	<p>Thursday 1:00 pm – 2:15 pm Sept. 5 – Oct. 10 6 weeks</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is Self-esteem and ways to build it • Factors that shape and influence self-esteem • How to communicate assertively • Ways to set healthy boundaries <p>Facilitator(s): Keith & Chandra Day & Time: Thursday 1:00 pm -2:15 pm Number of Classes: 6 Facilitator(s): Keith & Chandra Day & Time: Thursday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In-Person - Music for Self - Care - A</p>	<p>Thursday 1:00 pm – 2:15 pm Sep 5 – Oct 10 6 weeks</p>	<p>What will we do? In this course we will explore, discuss and practice ways to use music to support our own health and well-being. Participants will be encouraged to reflect on the role of music in their lives and how it can be a personal strength. Activities will include listening/mindfulness, song lyric discussion, singing and instrument playing, playlist creation and brief song writing. No musical experience is needed to benefit from this course though and interest in music and a willingness to try new things is encouraged. All materials/instruments will be provided, though you are welcome to bring your own instrument.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • How music can impact mood and motivation

		<ul style="list-style-type: none"> • How music releases stress and tension and encourages relaxation and being present • Understand music as a tool for positive view of self • How to create your own music for self-care routines/plan for everyday use <p>Facilitator(s): Kaitlyn & Clark Day & Time: Thursday 1:00 pm -2:15 pm Number of Classes: 6</p>
Virtual - Discovering Water Colours - A	<p>Thursday</p> <p>3:00 pm – 4:15 pm</p> <p>Sept 5 – Oct 10</p> <p>6 Weeks</p>	<p>What will we do? In this course you will learn, create and get to practice painting with water colour paint techniques. Weekly, you will have the opportunity to develop your water colour paint skills by completing a different piece each week as facilitated by Ashley. There will be an opportunity to share your completed piece if you wish. At the end of this course, you will have a beautiful collection of water colour pieces that you have created.</p> <p>What you will learn?</p> <ul style="list-style-type: none"> • Various ways to use water colour paints • This is a judgement free zone; the goal is to enjoy the process and have fun • Patience, as you can't rush a water colour painting • Building your creativity and self-esteem while expressing yourself through art <p>Please note that the supplies for this group are not provided. A supply list will be sent out to you prior to the start of the group, so that you can purchase the supplies yourself.</p> <p>Facilitator(s): Ashley & Julie Day & Time: Thursday 3:00 pm – 4:15 pm Number of Classes: 6</p>
In-Person - Conquering Loneliness @ the Clarington Library - A	<p>Thursday</p> <p>3:00 pm – 4:15 pm</p> <p>Sep 12 – Oct 17</p> <p>6 weeks</p>	<p>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.</p> <p>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.</p> <p>Facilitator(s): Chandra, Sue & Nicole Day & Time: Thursday 3:00 pm – 4:15 pm Number of Classes: 6</p>
Virtual - Speaks to Readiness - A	<p>Friday</p> <p>9:00 am – 10:15</p>	<p>What will we do? We will explore six components around personal readiness within recovery.</p>

	<p>Sept 5 – Oct 11</p> <p>6 Weeks</p>	<p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitator(s): Sue & Heather Day & Time: Friday 9:00 am – 10:15 am Number of Classes: 6</p>
<p>Virtual - Learning to Live A Healthy, Balanced Life - A & B</p>	<p>Friday</p> <p>10:30 am – 11:45 am</p> <p>Sep 20 - Nov 8</p> <p>8 weeks</p>	<p>What will we do?</p> <p>In this program you will learn how you can effectively incorporate nutritional and physical health information into your life while participating in group discussion. Each person will self-identify a goal that encourages a healthier lifestyle to be worked on throughout the duration of this program. It has been proven that maintaining a healthy lifestyle decreases the risk of chronic 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 and the support of the Registered Dietitian and Recreation Therapist/Personal Trainer who facilitate this group.</p> <p>What will we learn?</p> <p>To become more informed about the importance of making healthy food choices, being physically active, stress and sleep management in the prevention of certain chronic diseases.</p> <p>To develop, maintain and/or increase personal health through a balanced lifestyle while continuously working towards their self-identified health goals.</p> <p>Facilitator(s): Julie & Joanna Day & Time: Friday 10:30 am – 11:45 am Number of Classes: 8</p>
<p>In-Person - Communication & Conflict - A</p>	<p>Friday</p> <p>10:30 am – 11:45 am</p> <p>Sept. 6 – Oct. 11</p> <p>6 weeks</p>	<p>What will we do?</p> <p>This is a course for people who want a better understanding of conflict and how our communication can impact the conflict in our lives. As a group, we will look at why some conflicts happen, we will learn effective communication skills for conflict resolution, as well as to learn strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • We will identify types of conflict and how this can impact our relationships • We will also learn skills to enhance our communication styles • We will teach each other new techniques by sharing what has worked for us

		<p>Facilitator(s): Keith & Chandra Day and time: Friday 10:30 am - 11:45 am # of sessions: 6</p>
<p>In-Person - Evolution to Readiness - A</p>	<p>Friday 1:00 pm – 2:15 pm Sept 5 – Oct 11 6 Weeks</p>	<p>What will we do? We will explore six components around personal readiness within recovery.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitator(s): Emiliana & Heather Day & Time: Friday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - Yoga Flow - A & B</p>	<p>Friday 1:00 pm – 2:15pm Sep 6 - Nov 29 11 weeks (No class Oct 18)</p>	<p>What will we do? We know that yoga can be a great workout but it is more than that. It connects us with our body by practicing breathing techniques, working on our posture as well as strength, flexibility, balance and stamina. Yoga may also assist us with focusing, concentration and quieting our minds. The type of yoga that this is based on is Hatha yoga. It focuses on strengthening the body and involves physical postures (asanas) and breathing techniques (pranayama).</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 • To build confidence to continue to practice after the session has ended for continued benefits <p>Facilitator(s): Julie Day & Time: Friday 1:00 pm – 2:15 pm Number of Classes: 11</p>
<p>Virtual - Advocacy - A</p>	<p>Friday 1:00 pm – 2:15 pm Sept. 6 – Oct. 11 6 weeks</p>	<p>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!</p> <p>What will you learn? This course will teach you how to express your views and concerns effectively, access information and services, defend and promote</p>

		<p>your rights and explore choices and options. Each week will focus on one of the following themes:</p> <ul style="list-style-type: none"> • Advocacy and the Importance of Self-Care • Advocating to Family and Friends • Advocacy within a Health Care Setting • Advocacy within the Workplace • Advocacy within the Community <p>Facilitator(s): Keith & Chandra Day & Time: Friday 1:00pm – 2:15pm Number of Classes: 6</p>
<p>In-Person - 4 Pillars of A Good Life - B</p>	<p>Monday 10:30 am – 11:45 am Oct 21 – Nov 25 5 weeks (No class Nov 11)</p>	<p>What will we do? The purpose of this class is to teach people about the benefits of living according to a system of values in a society that has little value for applied philosophy (and to do it in such a way that is much less boring than that sentence). To take the idea of locus of control and figure out what one can actually do with it, taking an abstract philosophical concept and making it concrete and livable.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • Learn the basics of Stoicism and its 4 Cardinal Virtues, and how those virtues relate to one another. • How to apply this knowledge to life. • Learn to improve emotional regulation, which would mean symptom relief for anxiety, depression, anger and more. <p>Facilitator(s): Sue & Nic Day & Time: Monday 10:30 am – 11:45 am Number of Classes: 5</p>
<p>Virtual - Creative Writing - B</p>	<p>Monday 10:30 am – 11:45 am Oct 21 – Nov 25 5 weeks</p>	<p>What will we do? We will explore all-new poetry using various forms. Each style will be presented and we will have opportunities to write during each session, either collectively or individually. Examples of poetic types in session A will include: Alexandrine, Clerihew, Limerick, Tricube & Concrete Poetry Examples of poetic types in session B will include: Blackout Poetry, Tautogram, Cinquain, Epigram & Triolet We invite you to share what you have written with the group, though sharing is never required. Krishna and Julie are looking forward to writing with you!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To expand our knowledge of poetry writing abilities. • To connect with ourselves on a deeper level. • To effectively communicate our thoughts through our poetry, while we have fun expanding our creativity! <p>Facilitator(s): Julie & Krishna Day & Time: Monday 10:30 am – 11:15 am Number of Classes: 5</p>

<p>In-Person - Self-Care - B</p>	<p>Monday 10:30 am – 11:45 am Oct 21 – Nov 25 6 weeks</p>	<p>What will we do? This course will help participants learn ways to take time for themselves, build up self-esteem, practice self-compassion, and to maintain healthy boundaries in order to keep mentally and physically well.</p> <p>What will you learn? By committing even small amounts of time throughout our day to tuning in with the self and personal needs, we begin re-patterning our relationship with ourselves, and often find more grace and ease in accessing the higher self.</p> <p>Facilitator(s): Keith & Chandra Day & Time: Monday 10:30 am - 11:45 am Number of Classes: 6</p>
<p>In-Person - The Art of Craft - B</p>	<p>Monday 1:00 pm – 2:15pm Oct 21 – Nov 25 5 Weeks</p>	<p>What will we do? Art can be referred to the conscious use of skill and creative imagination especially in the production of aesthetic objects. And the art of craft leads us to learning new skills and practicing ones that we may already have to create beautiful art pieces using a variety of supplies. In addition to this, we will be working towards craft projects that use different techniques to create wonderful things either for ourselves or to be given as gifts as the holiday season is approaching.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To actively engage in the process of creating art without being critical of self • To give renewed importance to the process of creating as an outlet as well as an opportunity to grow • To develop our skills and confidence when learning new art pieces <p>Facilitator(s): Julie Day & Time: Monday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In-Person - Budget Bites: Eating Healthy on a Budget - B</p>	<p>Monday 1:00 pm – 2:15 pm Oct 21 – Nov 25 6 Weeks</p>	<p>What will we do? Trying to find delicious and healthy meals that are affordable is especially challenging right now. In this course we will share some delicious and affordable recipes that are fun and easy to make. We will discuss menu planning, shopping on a budget, cooking techniques and recipes. We will also explore community resources that are available to us to support us with eating well.</p> <p>What you will learn?</p> <ul style="list-style-type: none"> • How to menu plan and create shopping lists • How to make 6 delicious recipes • Shopping on a budget • Community resources for food security

		<p>Facilitator(s): Nicole & Chandra Day & Time: Monday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - Exploring Our Relationship with Body Image and Food - B</p>	<p>Monday 1:00 pm – 2:15 pm Oct. 21 – Dec 2 6 Weeks</p>	<p>What will we do? This will be a supportive and judgement free group where we can come together and discuss challenging issues related to body image. We will learn about warning signs and symptoms of disordered eating and have conversations of how to support ourselves or loved ones through challenges.</p> <p>What will you learn? We will learn how to explore ideas around body neutrality, body positivity and healthy boundaries with ourselves and others. We will learn about tools we can lean on to support ourselves when we become emotionally dysregulated. We will talk about societal pressure and managing media to benefit our wellness goals. We will learn about resources available to the community. Together as a group we will explore how to offer ourselves self-compassion and self-kindness.</p> <p>Facilitators: Stacie & Keith Day of week: Monday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - The Art of Social Interactions - B</p>	<p>Tuesday 9:00 am – 10:15 am Oct 15 – Nov 19 6 weeks</p>	<p>What will we do? For 6 weeks we will have healthy conversations to build up your communication skills and look at the benefits of social interactions, with our mental health.</p> <p>What will you learn? The importance of social interaction and how social interaction can provide a sense of belonging, promote positive relationships, improve your self-confidence and self-worth and better understanding of the world around you.</p> <p>Facilitators: Sue & Heather Day of week: Tuesday 9:00 am – 10:15 am Number of Classes: 6</p>
<p>In-Person - Building Better Boundaries - B</p>	<p>Tuesday 10:30 am - 11:45 am Oct. 22 – Nov. 26 6 Weeks</p>	<p>What will we do? Do you know how to identify your boundaries? Are you comfortable saying "No," if someone crosses your boundaries? Would you like to learn how to set personal boundaries and feel confident executing them? If so, then this is the course for you!</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • Discover what a boundary is and how you can establish ones that work for you. • Learn how your boundaries can both protect and promote yourself. • Understand how to use boundaries to help you achieve your goals and dreams. • Recognize how respectful boundaries can bring value to your mental, emotional and physical health.

		<p>Facilitator(s): Keith & Chandra Day & Time: Tuesday 10:30 am -11:45 am Number of Classes: 6</p>
<p>In-Person - The Art of Social Interactions - B</p>	<p>Tuesday 10:30 am – 11:15 am Oct 15 – Nov 19 6 Weeks</p>	<p>What will we do? For 6 weeks we will have healthy conversations to build up your communication skills and look at the benefits of social interactions, with our mental health.</p> <p>What will you learn? The importance of social interaction and how social interaction can provide a sense of belonging, promote positive relationships, improve your self-confidence and self-worth and better understanding of the world around you.</p> <p>Facilitators: Sue & Heather Day of week: Tuesday 9:00 am – 10:15 am Number of Classes: 6</p>
<p>Virtual - Women’s Group - B</p>	<p>Tuesday 1:00 pm – 2:15 pm Oct 22 – Nov 26 6 weeks</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 <p>Facilitator(s): Julie Day & Time: Tuesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In-Person - WRAP (with Durham Mental Health Services) - B</p>	<p>Tuesday 1:00 pm - 3:00 pm Oct. 22 - Dec. 10 8 weeks</p>	<p>What will we do? Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, we will build a kit to:</p> <ul style="list-style-type: none"> • Discover simple, safe, and effective tools to create and maintain wellness • Develop a daily plan to stay on track with your life and wellness goals

		<ul style="list-style-type: none"> • Identify what throws you off track and develop a plan to keep moving forward • Gain support and stay in control even in a crisis <p>What will we learn?</p> <ul style="list-style-type: none"> • How to shape every aspect of your life the way you 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 <p>Facilitator(s): Keith and DMHS Day and time: Tuesday 1:00 PM – 3:00 PM Number of Classes: 8</p>
<p>Virtual - Managing Anger - B</p>	<p>Wednesday 9:00 am – 10:15 am Oct 16 – Nov 20 6 Weeks</p>	<p>What will we do? In this course we will explore the emotion of anger and how it impacts us within our relationships both others, and ourselves, along with the impact physically on our body. The course is filled with practical wisdom along with techniques that will assist individuals to explore the emotion of anger but more importantly what are the emotions that lie underneath the anger.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • What is anger • Emotions that lie underneath the anger • Tools that help support and manage our emotions • Looking at the aggression cycle <p>Facilitator(s): Sue & Heather Day & Time: Wednesday 9:00 am – 10:15 am Number of Classes: 6</p>
<p>In-Person - Course Facilitation Skills Training (CFST) - B</p>	<p>Wednesday 10:30 am - 11:45 am Oct. 23 - Nov. 27 6 Weeks</p>	<p>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.</p> <p>What will you learn? Class participants will have an opportunity to:</p> <ul style="list-style-type: none"> • 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 <p>Facilitator(s): Keith & Chandra Day & Time: Thursday 10:30 am – 11:45 am</p>

<p>In-Person - Pop-Up Art Hive - LivingRoom Art Studio Collaboration - B</p>	<p>Wednesday 10:30 am – 12:00 pm Oct 23 – Nov 13 4 weeks</p>	<p>Number of Classes: 6</p> <p>What will we do? Express yourself and connect with others in a Pop-Up Art Hive with Mary K. Let yourself make whatever you want (or need) to make with the wide range of materials and tools we have on hand in a supportive, social environment. All forms of creative self-expression are welcome. No art experience required, just a willingness to explore your creative potential alongside others.</p> <p>What will you learn? In the Art Hive it's possible to:</p> <ul style="list-style-type: none"> • Experiment making different kinds of art • Communicate and connect with others • Explore ways of telling your story creatively • Inspire one another through what you create • Feel good about what you do and who you are • Learn new things about yourself and your community <p>Facilitator(s): Mary K Day & Time: Wednesday 10:30 am – 12:00 pm Number of Classes: 4</p>
<p>In-Person - Managing Anger - B</p>	<p>Wednesday 1:00 pm – 2:15 pm Oct 16 – Nov 20 6 Weeks</p>	<p>What will we do? In this course we will explore the emotion of anger and how it impacts us within our relationships both others, and ourselves, along with the impact physically on our body. The course is filled with practical wisdom along with techniques that will assist individuals to explore the emotion of anger but more importantly what are the emotions that lie underneath the anger.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • What is anger • Emotions that lie underneath the anger • Tools that help support and manage our emotions • Looking at the aggression cycle <p>Facilitator(s): Sue & Heather Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In-Person - Art Journaling - B</p>	<p>Wednesday 1:00 pm – 2:15 pm Oct 23 – Nov 27 5 weeks</p>	<p>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 5 weeks of this group. During this program, we will express our individual creativity while working within the decided upon theme. Each theme will have a learning process to assist in the development of the journal page or pages. Upon completion, participants are encouraged to continue their journaling journey. As this is an in-person group, supplies will be provided each week.</p>

		<p>What will we learn? An increased knowledge of art journaling and self-reflection related to the weekly themes. Engaging in various artistic techniques while completing the journal pages</p> <p>Facilitator(s): Julie & Robin Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - Identifying Unhealthy Relationships - B</p>	<p>Wednesday 1:00 pm- 2:15 pm Oct. 23 - Nov. 27 6 weeks</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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. <p>Facilitator(s): Keith & Chandra Day & Time: Wednesday 1:00 pm - 2:15 pm</p> <p>Number of Classes: 6</p>
<p>In-Person - Mindfulness Steps - B</p>	<p>Wednesday 3:00 pm – 4:15 Oct 16 – Nov 20 6 Weeks</p>	<p>What will we do? In this mindfulness steps group, we will be combining the physical activity of hiking with the practice of mindfulness, creating a holistic experience that nurtures both body and mind.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Mind-Body Connection: Integrating physical activity with mindfulness practices strengthens the mind-body connection, enhancing overall well-being. • Guided Meditation: Before setting off on the hike, there might be a guided meditation session to help students center themselves and cultivate awareness of the present moment. • Mindful Walking: During the hike, students practice mindful walking, focusing on each step and the sensations of movement. This involves being fully present in the experience without judgment or distraction. • Sensory Awareness: Throughout the hike, individuals are encouraged to engage their senses fully—observing the sights, sounds, smells, and textures of the natural environment. This

		<p>heightened sensory awareness enhances the mindfulness experience.</p> <p>Facilitator(s): Sue Day & Time: Wednesday 3:00 pm – 4:15 pm Number of Classes: 6</p>
<p>Virtual - ZIA - Zentangle® Inspired Art - B</p>	<p>Wednesday 5:15 pm – 6:30 pm Oct 23 – Nov 27 6 weeks 6 weeks</p>	<p>What will we do? The main goal of Zentangle® Inspired Art is an easy to learn art form that help promote relaxation, stress reduction and to reach flow. By using smaller paper tiles made out of cardstock instead of the regular sized paper, feelings of being overwhelmed while creating is minimized. Additionally, your creation becomes a unique piece of artwork that you can do anywhere. Learn how to create your own small art kit to take with you, so you can practice this art form wherever you are.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To experience the relaxation aspects of small tile drawing; getting lost in the flow of repetition, rhythm and pattern to create fun pieces • To demonstrate how practicing with smaller tiles can allow promote increased relaxation and stress management <p>Facilitator(s): Julie Day & Time: Wednesday 5:15 pm – 6:30 pm Number of Classes: 6</p>
<p>Virtual - Empowering Caregivers: Navigating Compassion, Advocacy & Well-Being - B</p>	<p>Wednesday 6:00 pm – 7:15 pm Oct 23- Nov 27 6 weeks</p>	<p>What will we do? Through this series of six classes, we will learn about recovery-oriented principles that promote and reinforce self-care, resilience, and strengths in family caregivers. We will learn how to leverage these perspectives to navigate around, or even navigate “through,” scenarios and issues we encounter as we care for our loved ones. There will also be an opportunity to learn about technologies or innovations that support our role as caregivers. Family caregivers will also work with a Bioethicist to become familiar with the Mental Health Act and the role of a Substitute Decision Maker. There will also be an opportunity to speak freely amongst those with lived experience.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • How to Practice the application of non-violent communication model • How Practice self-compassion and self-care in the role as caregivers. • How to Demystify the Mental Health Act and discuss how to advocate for yourself and your loved one. • Learning the role and rights of acting as a Substitute Decision Maker <p>Facilitator(s): Chandra & Nicole Day & Time: Wednesday 6:00 pm – 7:15 pm Number of Classes: 6</p>

<p>Virtual - Exploring Non-Attachment - B</p>	<p>Thursday 9:00 am – 10:15 am Oct 17 – Nov 21 6 weeks</p>	<p>What will we do? The purpose of this program is to engage in both discussions with our peers and with the curriculum to learn and bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences and understand that as we cling to these ideas we also create more suffering. In this group we will be discussing some Buddhism practices and principles. We will also explore the Mindfulness practice of letting go.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • We will explore attachment theories • What is non-attachment • Buddhist Principles of non-attachment • Ways to practice non-attachment <p>Facilitator(s): Sue & Heather Day & Time: Thursday 9:00 am – 10:15 am Number of Classes: 6</p>
<p>Virtual - My Stories, My Voice - B</p>	<p>Thursday 10:30 am – 11:45 Oct 17 – Nov 21 6 weeks</p>	<p>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.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • Participate in a series of activities that will help you to get comfortable with the process • Mine your memory for experiences you would like to use in the story you choose to tell • Have one on one feedback sessions with an instructor • Have the opportunity to share your story in progress with your group of peers • Tell your story during the final session of the course <p>Facilitator(s): Sue & Lori Day & Time: Thursday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person - Conquering Loneliness - B</p>	<p>Thursday 10:30 am - 11:45 am Oct. 24 - Nov. 28 6 weeks</p>	<p>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.</p> <p>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.</p>

		<p>Facilitators: Keith & Chandra Day & Time: Thursday 10:30 am - 11:45 am Number of Classes: 6</p>
<p>In-Person - Exploring Non-Attachment - B</p>	<p>Thursday 1:00 pm – 2:15 pm Oct 17 – Nov 21 6 Weeks</p>	<p>What will we do?What will we do? The purpose of this program is to engage in both discussions with our peers and with the curriculum to learn and bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences and understand that as we cling to these ideas we also create more suffering. In this group we will be discussing some Buddhism practices and principles. We will also explore the Mindfulness practice of letting go.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • We will explore attachment theories • What is non-attachment • Buddhist Principles of non-attachment • Ways to practice non-attachment <p>Facilitator(s): Sue & Heather Day & Time: Thursday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In-Person - Music for Self-Care - B</p>	<p>Thursday 1:00 pm – 2:15 pm Oct 24 – Nov 28 6 weeks</p>	<p>What will we do? In this course we will explore, discuss and practice ways to use music to support our own health and well-being. Participants will be encouraged to reflect on the role of music in their lives and how it can be a personal strength. Activities will include listening/mindfulness, song lyric discussion, singing and instrument playing, playlist creation and brief song writing. No musical experience is needed to benefit from this course though and interest in music and a willingness to try new things is encouraged. All materials/instruments will be provided, though you are welcome to bring your own instrument.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • How music can impact mood and motivation • How music releases stress and tension and encourages relaxation and being present • Understand music as a tool for positive view of self • How to create your own music for self-care routines/plan for everyday use <p>Facilitator(s): Kaitlyn & Clark Day & Time: Thursday 1:00 pm -2:15 pm Number of Classes: 6</p>
<p>Virtual - Pursuing Dream and Aspirations - B</p>	<p>Thursday 1:00 pm – 2:15 pm Oct 24 – Nov 28</p>	<p>What will we do? Facilitators will teach students the skills needed to achieve goals, dreams, and aspirations using audio/visual aids and group discussions.</p> <p>What will you learn?</p>

	6 Weeks	<p>In a supportive environment, students will learn how to take next steps towards reaching their goals while utilizing (SMART Goals) specific, measurable, attainable, realistic, and timely approaches.</p> <p>Facilitator(s): Keith & Chandra Day & Time: Thursday 1:00 pm - 2:15 pm Number of Classes: 6</p>
Virtual - Discovering Water Colours - B	<p>Thursday</p> <p>3:00 pm – 4:15 pm</p> <p>Oct 24 – Nov 28</p> <p>6 weeks</p>	<p>What will we do?</p> <p>In this course you will learn, create and get to practice painting with water colour paint techniques. Weekly, you will have the opportunity to develop your water colour paint skills by completing a different piece each week as facilitated by Ashley. There will be an opportunity to share your completed piece if you wish. At the end of this course, you will have a beautiful collection of water colour pieces that you have created.</p> <p>What you will learn?</p> <ul style="list-style-type: none"> • Various ways to use water colour paints • This is a judgement free zone; the goal is to enjoy the process and have fun • Patience, as you can't rush a water colour painting • Building your creativity and self-esteem while expressing yourself through art. <p>Please note that the supplies for this group are not provided. A supply list will be sent out to you prior to the start of the group, so that you can purchase the supplies yourself.</p> <p>Facilitator(s): Ashley & Julie Day & Time: Thursday 3:00 pm – 4:15 pm Number of Classes: 6</p>
Virtual - Building Resiliency - B	<p>Friday</p> <p>9:00 am – 10:15 am</p> <p>Oct 18 – Nov 22</p> <p>6 weeks</p>	<p>What will we do?</p> <p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What personal resiliency is • To identify and learn how to apply resiliency skills to current and future stressors <p>Facilitator(s): Sue & Heather Day & Time: Friday 9:00 – 10:15 am Number of Classes: 6</p>
In-Person - Open Peer Discussion,	<p>Friday</p> <p>10:30 am - 11:45 am</p>	<p>What will we do?</p> <p>We will gather for friendly conversation, painting and colouring. Card stock colouring templates and painting canvasses are provided as well as colouring and painting materials, so participants will not be faced with a blank page. Colouring and painting can contribute to calmness, being focused, a general sense of well-being, and it is a</p>

<p>Painting & Colouring - B</p>	<p>Oct 25 – Nov 29</p> <p>6 Weeks</p>	<p>good way for people to ground themselves. Plus it's fun! We will listen to music, and chat.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • Socializing • Communication • Relaxation • Focus • Calm • Feelings of validation and achievement <p>Facilitator(s): Keith & Chandra Day & Time: Friday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person - Building Resiliency - B</p>	<p>Friday</p> <p>1:00 pm – 2:15 pm</p> <p>Oct 18 – Nov 22</p> <p>6 weeks</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What personal resiliency is • To identify and learn how to apply resiliency skills to current and future stressors <p>Facilitator(s): Sue & Heather Day & Time: Friday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - Open Peer Discussion - B</p>	<p>Friday</p> <p>1:00 pm – 2:15 pm</p> <p>Oct 25 – Nov 29</p> <p>6 Weeks</p>	<p>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.</p> <p>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.</p> <p>Facilitator(s): Keith & Chandra Day & Time: Friday 1:00 pm - 2:15 pm Number of Classes: 6</p>