



Ontario Shores
Centre for Mental Health Sciences

Discovery. Recovery. Hope.

Fall 2025



Contact:
905-430-4055 x 6990
RecoveryCollege@ontarioshores.ca
[ontarioshores.ca](https://www.ontarioshores.ca)

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



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A Revealing

It is a darkness which is enveloping and total.
No ambient light for reference or company.
Treading water is an ocean of no horizons, no wind,
no hint of what direction hope may lie.

So, I tread water.

This, to me, is how I envisioned my illness, my isolation.
Recovery College is the breaking of the dawn.
The dim, scattered light that reveals the truth,
that I am not alone in the water.
I am surrounded by others.
And as the sun rises and brightens, previously hidden
life preservers and safety lines appear.

These are the tools of my survival.
Learning how to continue with the assistance of others, who are
learning to tread, or have already found their life preservers.
Continued practicing of survival techniques prepares me for the coming night.

For darkness will come again.
And I am prepared with the knowledge that I am not alone.
That I can tread the night.
That dawn will break.
That I will survive.

Martin Blatherwick

What is Recovery?

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

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

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

The Recovery College at Ontario Shores

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

Post-Secondary Recovery College

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

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

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

Hailey Cornacchia, (905) 430-4055 x 6895 or cornacchiah@ontarioshores.ca

Courses within the Recovery College

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

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

Peer Tutors

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

Meet Our Peer Tutors



Amber



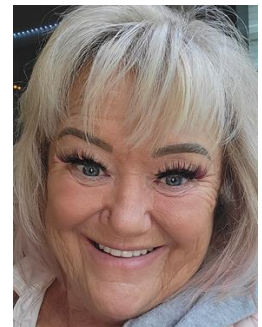
Bri



Claire



Clark



Colleen



Galen



Krishna



Lori



Peter

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

OUR TEAM



Recovery College Leader:

Allison Stevens x 6435

Peer Support Department:

Chandra Amodeo x 6791
Brooklyn Bastarache x 6979
Tanya Conlin x 6927
Hailey Cornacchia x 6895
Sue Hie x 6378
Leah Johnston x 6895
Justine Khashmanian x 6674
Nicole Meens Miller x 6307
Stacie Mistysyn x 6654
Heather Morhorn x 6550
Julie Murray x 6444
Keith Wilen x 6961

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:

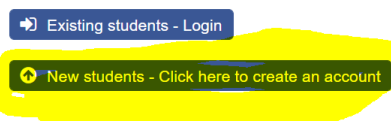
learning and discovery. Courses provide education about mental illnesses, treatment, wellness and ultimately discovering or rediscovering passions, hope, and meaning. The Recovery College complements professional assessment and treatment by helping participants understand their challenges and learn how to manage them better to pursue their aspirations. It 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 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.

10. Click on > details

11. Complete Registration Form & Membership Agreement

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

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



Returning Student Registration

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

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

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

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

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

Requirements

Session : 2022 Winter ...

✖ Not Completed

2 out of 2

Registration Form

Registration Form has not been submitted yet.

Outstanding ✖

▶ Start Registration

Membership Agreement

Letter has not been signed yet.

Signature Required ✖

✍ Sign Off

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

Illnesses do not recover.

People do.

Pat Deegan



Recovery College Fall 2025 Schedule

Session A: September 2 – October 10

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am-10:15 am	Virtual – Learning About Mindfulness – A & B September 8 – November 17 (No Class October 13) 10 classes Sue & Heather	Virtual – Glimmers, Spoon, Fork, Knife Theory – A September 2 – October 7 6 classes Sue & Heather	Virtual – Many Faces of Ego – A September 3 – October 8 6 classes Sue & Heather	Virtual – Understanding Core Beliefs – A September 4 – October 9 6 classes Sue & Heather	Virtual – Exploring Non-Attachment – A September 5 – October 10 6 classes Sue & Heather
10:30 am - 11:45 am	In-Person – Communication and Conflict – A September 8 – October 6 5 classes Keith & Chandra	In-Person – Advocacy – A September 2 – October 7 6 classes Keith & Chandra	In-Person – Maintaining Momentum – A September 3 – October 8 6 classes Stacie & Keith	In-Person – Coping with Anxiety and Panic – A September 4 – October 9 6 classes Keith & Chandra	In-Person – Building Better Boundaries – A September 5 – October 10 6 classes Keith & Chandra
	Virtual – Aging Well: A 5-Week Journey Toward Lifelong Vitality – A September 8 – October 6 5 classes Leah, Nicole & Lúcio	In-Person – Pathways to Work – Exploring Your Next Steps Toward Employment – A October 7 1 Class Katie & Falguni 10:30am – 12:30pm	In-Person – Attitude of Gratitude – A September 3 – October 8 6 classes Chandra & Robin	In-Person – My Stories, My Voice – A September 4 – October 9 6 classes Lori, Sue & Tanya	Virtual – Building a Healthier Lifestyle – A & B September 5 – October 31 (No class October 17) 8 classes Julie & Joanna
		Virtual – Sound Meditation – A September 2 – October 7 6 classes Leah, Danny & Nicole		Virtual – Progressive Low Impact Exercise – A & B September 4 – November 27 (No class October 16) 12 classes Julie	
				In-Person – CHIME – A September 4 – October 9 6 classes Nicole & Leah	
1:00 pm - 2:15 pm	In-Person – Learning About Mindfulness – A & B September 8 – November 17 (No Class October 13) 10 classes Sue & Heather	In-Person – Glimmers, Spoon, Fork, Knife Theory – A September 2 – October 7 6 classes Chandra & Heather	In-Person – WRAP – A September 3 – October 15 7 classes Keith & Peter *1:00pm - 3:00pm*	In-Person – Understanding Core Beliefs – A September 4 – October 9 6 classes Sue & Heather	In-Person – Exploring Non-Attachment – A September 5 – October 10 6 classes Sue & Heather
	Virtual – Surviving a Personal Crisis – A September 8 – October 6 5 classes Keith & Claire	Virtual – ADHD and Me – A & B DMHS Collaboration September 2 – October 28 (No class October 14) 8 classes Keith	In-Person – Building Your Wellness Toolkit – A @ Ajax Public Library September 10 – October 8 5 classes Sue & Heather	Virtual – Coping with Anxiety and Panic – A September 4 – October 9 6 classes Keith & Chandra	Virtual – Building Better Boundaries – A September 5 – October 10 6 classes Keith & Chandra
	In-Person – The Art of Craft – A September 8 – October 6 (No Class September 15) 4 classes Julie	In-Person – Grounding in the For-Rest – A Community Based September 2 – October 7 6 classes Sue & Robin	In-Person – Art Journaling – A September 3 – October 8 6 classes Julie & Tanya	Virtual – The Menopause Transition: Insights & Empowerment – A September 4 – October 9 6 classes Stacie & Julie	Virtual – Find Your Zen for the Weekend Yoga – A & B September 5 – November 28 (No class October 17) 12 classes Julie
	Virtual – Thriving Together: Community Wellness Peer Support Group – A September 8 – October 6 5 classes Nicole & Leah	In-Person – Dynamics of Discharge – A September 2 – October 7 6 Classes Nicole & Leah			

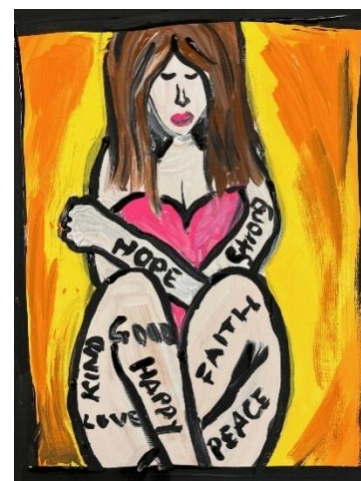
Virtual
 In-person at Ontario Shores
 On location in the community
 Transitional discharge

Recovery College Fall 2025 Schedule

Session A: September 2 – October 10

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 pm – 4:15 pm	In-Person – Birdwatching for Beginners – A September 8 – October 6 5 classes Stacie & Justine *3:00pm – 4:00pm*	In-Person – Start Strong: Women's Supportive Beginner Fitness – A September 2 – October 7 (No class September 16) 5 classes Julie & Tanya	In-Person – Off The Wall Miniature Painting with Deb – A & B September 3 – November 26 (No class October 15) 12 classes Nicole & Deb	In-Person – Singing 101 – A (Multifaith Room) September 4 – October 9 6 classes Kaitlyn & Clark	Virtual – Beyond the Brush Acrylic Painting – A September 5 – October 10 (No class September 19) 5 classes Julie
				Virtual – Discovering Watercolours – A September 4 – October 9 6 classes Julie & Ashley	
				In-Person – Safe and Sound: Medication Education with Pharmacy – A September 4 – October 9 6 classes Pharmacy & Stacie *3:00pm – 4:00pm*	
5:15 pm – 6:30 pm			Virtual – A Zest for Zentangle – A September 3 – October 8 (No class September 17) 5 classes Julie		

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



Recovery College Fall 2025 Schedule

Session B: October 20 – November 29

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 10:15 am	Virtual – Learning About Mindfulness – A & B September 8 – November 17 (No Class October 13) 10 classes Sue & Heather	Virtual – Exploring S.A.D. (Seasonal Affective Disorder) – B October 21 – November 25 (No Class November 11) 5 classes Sue & Heather	Virtual – Identifying Unhealthy Relationships – B October 22 – November 26 6 classes Sue & Heather	Virtual – Understanding Co-Dependency – B October 23 – November 27 6 classes Sue & Heather	Virtual – Managing Anger – B October 24 – November 28 6 classes Sue & Heather
10:30 am - 11:45 am	In-Person – Self-Esteem – B October 20 – November 24 6 classes Keith & Chandra	In-Person – Coping with Depression – B October 21 – November 25 (No class November 11) 5 Classes Keith & Chandra	In-Person – Course Facilitation Skills Training – B October 22 – November 26 6 classes Keith & Chandra	In-Person – Conquering Loneliness – B October 23 – November 27 6 classes Keith & Chandra	In-Person – Visual Voices: Inspiration Through Art and Chat – B October 24 – November 28 6 classes Keith & Chandra
	Virtual – Poetry Writing – B October 20 – November 24 6 classes Julie & Krishna	Virtual – Get Ahead With What You've Got: Maximizing Your Financial Resources – B October 21 – November 25 (No Class November 11) 5 classes Nicole & Leah		Virtual – My Stories, My Voice – B October 23 – November 27 6 classes Lori & Sue	Virtual – Building a Healthier Lifestyle – A & B September 5 – October 31 (No class October 17) 8 classes Julie & Joanna
		In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – B November 18 1 Class Katie & Falguni 10:30am – 12:30pm		Virtual – Progressive Low Impact Exercise – A & B September 4 – November 27 (No class October 16) 12 classes Julie	In-Person – Moving Through Transition and Change – B October 24 – November 28 6 classes Leah, Nicole & Barb
				In-Person – CHIME – B October 23 – November 27 6 classes Nicole & Leah	
1:00 pm - 2:15 pm	In-Person – Learning About Mindfulness – A & B September 8 – November 17 (No Class October 13) 10 classes Sue & Heather	In-Person – Exploring S.A.D. (Seasonal Affective Disorder) – B October 21 – November 25 (No Class November 11) 5 classes Sue & Heather	In-Person – Art Journaling – B October 22 – November 26 6 classes Julie & Tanya	In-Person – Understanding Co-Dependency – B October 23 – November 27 6 classes Heather & Bri	In-Person – Managing Anger – B October 24 – November 28 6 classes Sue & Heather
	Virtual – Thriving Together: Community Wellness Peer Support Group – B October 20 – November 24 6 classes Nicole & Leah	In-Person – Dynamics of Discharge – B October 21 – November 25 (No Class November 11) 5 classes Nicole & Leah	Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – B October 22 – November 26 6 classes Stacie & Heather	Virtual – The Menopause Transition: Insights & Empowerment – B October 23 – November 27 6 classes Stacie & Julie	Virtual – Find Your Zen for the Weekend Yoga – A & B September 5 – November 28 (No class October 17) 12 classes Julie
	In-Person – The Art of Craft – B October 20 – November 24 6 classes Julie	Virtual – ADHD and Me – A & B DMHS Collaboration September 2 – October 28 8 classes Keith	Virtual – Communication and Conflict – B October 22 – November 26 6 classes Chandra & Colleen	Virtual – Maintaining Momentum – B October 23 – November 27 6 classes Keith & Chandra	Virtual – Conquering Loneliness – B October 24 – November 28 6 classes Keith & Chandra

 Virtual

 In-person at Ontario Shores

 On location in the community

 Transitional discharge

Recovery College Fall 2025 Schedule

Session B: October 20 – November 29

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm - 2:15 pm	Virtual – Self-Esteem – B October 20 – November 24 6 classes Chandra & Stacie		In-Person – Recognizing Basic Goodness and Happiness Within – B October 22 – November 26 6 classes Keith & Galen	In-Person – Sound Bathing Workshop – B (Multifaith Room) November 6 1 class Leah, Danny & Nicole *2:00pm - 3:15pm*	
3:00 pm - 4:15 pm	In-Person – Managing Anger – B @ Bowmanville Public Library October 20 – November 24 6 classes Sue & Chandra	In-Person – Dreamcatcher Workshop – B October 21 – November 4 3 Classes Leah & Levi	In-Person – Off the Wall Miniature Painting with Deb – A & B September 3 – November 26 (No class October 15) 12 classes Nicole & Deb	In-Person – Singing 101 – B (Multifaith Room) October 23 – November 27 6 classes Kaitlyn & Clark	Virtual – Beyond the Brush Acrylic Painting – B October 24 – November 28 6 classes Julie
	In-Person – Surviving a Personal Crisis – B October 20 – November 24 6 classes Keith & Claire	In-Person – Start Strong: Women’s Supportive Beginner Fitness – B October 21 – November 25 (No Class November 11) 5 classes Julie & Tanya		Virtual – Discovering Watercolours – B October 23 – November 27 6 classes Julie & Ashley	
5:15 pm - 6:30 pm			Virtual – A Zest for Zentangle – B October 22 – November 26 6 classes Julie		



Virtual



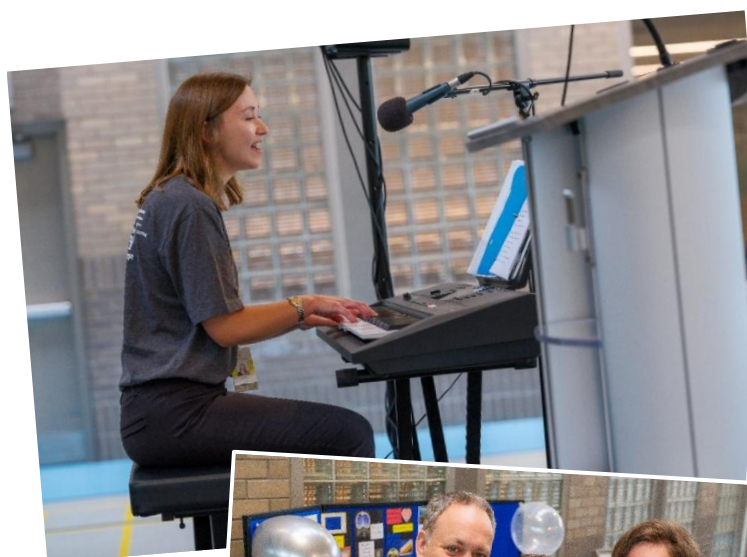
In-person at Ontario Shores



On location in the community



Transitional discharge



Recovery College Fall 2025 Semester

September 2 – November 29, 2025

(No classes: Monday, October 13 (Thanksgiving) & Tuesday, November 11 (Remembrance Day))

Session A: September 2 – October 10 | **Session B:** October 20 – November 29

Tip:
Use CTRL F
to search this
document



Course Name	Course Description
ADHD & Me Tuesdays September 2 – October 28 (Session A & B: 8 Classes) 1:00 pm – 2:15 pm (virtual) No class October 14 <i>In collaboration with Durham Mental Health Services</i>	What will we do? Whether you are diagnosed with or suspect you may be living with ADHD, we will be exploring what it is, what can impact the symptoms, what effect it can have on our lives and our relationships, as well as sharing some strategies as to how we manage it. What will we learn? • What is ADHD • Factors that shape and influence symptoms • Learning and understanding the diagnosis • Strategies to help manage daily life Facilitators: Keith & DMHS
Advocacy Tuesdays September 2 – October 7 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)	What will we do? Do you want your voice to be heard on issues that are most important to you? Are you looking to defend and safeguard your rights? Do you want your views and wishes to be considered when decisions are being made about your life? Advocacy is important because you are important! Despite society's progress in the way it supports people with challenges, there is still a lot of unfairness, exclusion and general misunderstanding within the community. If you are passionate about standing up for your beliefs or are looking to find your voice, then this is the group for you! What will we learn? This course will teach you how to express your views and concerns effectively, access information and services, defend and promote your rights and explore choices and options. Each week will focus on one of the following themes: • Advocacy and the importance of self-care • Advocating to family and friends • Advocacy within a health care setting • Advocacy within the workplace • Advocacy within the community Facilitators: Keith & Chandra
Aging Well: A 5-Week Journey Toward Lifelong Vitality Mondays September 8 – October 6 (Session A: 5 Classes)	What will we do? Join us for a dynamic and engaging online course designed to support healthy aging through evidence-informed strategies and meaningful lifestyle changes. Led by healthcare professionals and wellness experts, from the Ontario Tech Health Sciences doctoral program, each weekly session blends education with real-life application, helping you move,

10:30 am – 11:45 am (virtual)	eat, sleep, and connect more intentionally at every stage of life. Sessions are highly interactive and will include: • Warm-up quizzes to gauge knowledge and spark curiosity • Bite-sized lectures with supporting slides and videos • Hands-on activities like SMART goal setting, habit tracking, and guided movement • Small group discussions and full-class engagement • Digital tools and resources to support continued learning • Short movement breaks to keep your body (and brain) energized What will we learn? • Understand the science behind the aging process and how to age actively • Learn simple, sustainable strategies to support physical, mental, and social wellbeing • Practice healthy routines ranging from balanced meal planning to mental fitness • Strengthen your sense of purpose and community • Create a personalized wellness plan that you'll be excited to maintain Facilitators: Leah & Nicole & Lúcio
Art Journaling Wednesdays September 3 – October 8 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person) <u>or</u> Wednesdays October 22 – November 26 (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 the session for those who would like to share their pages. Participants are encouraged to continue their journaling journey. As this is an in-person group, 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 • Engaging in various artistic techniques while completing the journal pages Facilitators: Julie & Tanya
The Art of Craft Mondays September 8 – October 6 (Session A: 4 Classes) 1:00 pm – 2:15 pm (in-person) No class September 15	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. Within Art of Craft weekly sessions, we will further explore crafts using a variety of techniques and materials. We will work with the goal of completing each project before the session is over, but as always, there could be works in progress that that may need some additional time. 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

or Mondays October 20 – November 24 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)	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
Attitude of Gratitude Wednesdays September 3 – October 8 (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 September 5 – October 10 (Session A: 5 Classes) 3:00 pm – 4:15 pm (virtual) No class September 19 or Fridays October 24 – November 28 (Session B: 6 Classes) 3:00 pm – 4:15 pm (virtual)	What will we do? 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: You will be responsible to having the supplies on hand each week based on a supply list provided. The supply list will be as budget friendly as possible. Julie will send a suggested supply list out prior to the start of each session along with an example of the technique we will be working on. What will we learn? • To use a variety of painting techniques that may include dabbing, stippling, dripping or splatter (those of you who know me, know I love to lift a page), clean lines, shapes, using stamps or found objects • To become more confident in your ability, skills and to trust the process to create your art • How to mix primary colours to create a wide range of secondary and tertiary colours • To join others in a judgement free, supportive and fun environment Facilitators: Julie

Birdwatching for Beginners Mondays September 8 – October 6 (Session A: 5 Classes) 3:00 pm – 4:00 pm (in-person)	What will we do? Discover the joy of feathered friends. This course allows us to step into the world of birdwatching and give you the tools and confidence to get started. No prior experience is required – just a bit of curiosity, and a sense of wonder. Join us and connect with nature in a whole new way, one chirp at a time. Please note: All materials will be supplied but please note we will be working with bird seed that may contain traces of nuts. What will we learn? • The basics of bird identification • How to attract and feed various species of birds • Fall migratory patterns • How to make birdfeeders with simple supplies • How to use various bird identifying apps and resources • The symbolism and history of different bird species Facilitators: Stacie & Justine
Building a Healthier Lifestyle Fridays September 5 – October 31 (Session A & B: 8 Classes) 10:30 am – 11:45 am (virtual) No class October 17	What will we do? 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. This goal will be active for 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. What will we learn? • 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 • To develop, maintain and/or increase personal health through a balanced lifestyle while continuously working towards self-identified health goals Facilitators: Joanna & Julie
Building Better Boundaries Fridays September 5 – October 10 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) or Fridays September 5 – October 10 (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)	What will we do? Do you know how to identify your boundaries? Are you comfortable saying “No” if someone crosses your boundaries? Would you like to learn how to set personal boundaries and feel confident executing them? If so, then this is the course for you! What will we learn? • Discover what a boundary is and how you can establish ones that work for you • Learn how your boundaries can both protect and promote yourself • Understand how to use boundaries to help you achieve your goals and dreams • Recognize how respectful boundaries can bring value to your mental, emotional and physical health Facilitators: Keith & Chandra

Building Your Wellness Toolkit Wednesdays September 10 – October 8 (Session A: 5 Classes) 1:00 pm – 2:15 pm (community) This course will take place in-person at: Ajax Public Library Main Branch 55 Harwood Ave. S. Ajax, ON L1S 2H8	What will we do? When we are faced with a challenge, it is important to be equipped with the right tools. In this group we will engage in discussions with each other and learn how to fill our toolboxes. When life presents challenges, we will be able to draw on these tools to help overcome them. What will we learn? • To develop and use mental and physical tools to address stressors or challenges • To leverage our experiences of the five senses to enhance resiliency • To remove and replace tools that do not serve us Facilitators: Sue & Heather
CHIME (TDP) Thursdays September 4 – October 9 (Session A: 6 Classes) 10:30 am – 11:45 am (transitional discharge) or Thursdays October 23 – November 27 (Session B: 6 Classes) 10:30 am – 11:45 am (transitional discharge)	What will we do? Throughout this course, participants will explore the CHIME framework by engaging with its five core elements—Connectedness, Hope and Optimism, Identity, Meaning, and Empowerment. They will build connectedness by taking part in group activities and peer support sessions designed to foster positive relationships and a sense of community. The course will also help cultivate hope and optimism by guiding participants through exercises that encourage positive thinking, goal setting, and recognizing personal progress. To strengthen identity, learners will reflect on their own experiences and participate in activities aimed at rebuilding a positive sense of self and reducing stigma. Additionally, participants will discover meaning and purpose by identifying and discussing meaningful life roles, social goals, and experiences that contribute to a fulfilling life. Finally, the course will enhance empowerment by helping participants develop strategies for taking control of their lives, focusing on personal strengths, and making informed decisions throughout their recovery journey. What will we learn? • CHIME framework basics: Understand the importance of Connectedness, Hope and Optimism, Identity, Meaning, and Empowerment in the recovery process. • Connectedness: How healthy relationships and community support contribute to mental health and recovery • Hope and optimism: Ways to maintain motivation, set goals, and envision a positive future despite challenges • Identity: How to rebuild a positive sense of self and overcome stigma associated with mental health experiences • Meaning and purpose: The role of meaningful activities, social roles, and life goals in fostering a satisfying and hopeful life • Empowerment: Strategies for taking personal responsibility, making choices, and utilizing strengths to support ongoing recovery Facilitators: Leah & Nicole

Communication and Conflict Mondays September 8 – October 6 (Session A: 5 Classes) 10:30 am – 11:45 am (in-person) <u>or</u> Wednesdays October 22 – November 26 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	What will we do? This is a course for people who want a better understanding of conflict and how our communication can impact the conflict in our lives. As a group, we will look at why some conflicts happen, we will learn effective communication skills for conflict resolution, as well as strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others. What will we learn? • We will identify types of conflict and how this can impact our relationships • We will learn skills to enhance our communication styles • We will teach each other new techniques by sharing what has worked for us Facilitators: Keith & Chandra (A), Chandra & Colleen (B)
Conquering Loneliness Thursdays October 23 – November 27 (Session B: 6 Classes) 10:30 am – 11:45 am (in-person) <u>or</u> Fridays October 24 – November 28 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	What will we do? This program will explore the difference between being alone and feeling lonely. It will encourage peer discussion about the challenges of feeling disconnected from others and brainstorm ways to decrease feelings of loneliness and increase meaningful connections in our lives. What will we learn? • The group will provide a supportive environment in which to practice new communication skills and foster the confidence needed to reach out to others Facilitators: Keith & Chandra
Coping with Anxiety and Panic Thursdays September 4 – October 9 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) <u>or</u> Thursdays September 4 – October 9 (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)	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 share new techniques by sharing what has worked for us Facilitators: Keith & Chandra

Coping with Depression Tuesdays October 21 – November 25 (Session B: 5 Classes) 10:30 am – 11:45 am (in-person) No class November 11	What will we do? We've all been sad or had moments of a low mood at times in our lives, but what happens when we can't pull ourselves out of these prolonged funks? In this group we will increase our understanding and knowledge about depression and gain skills to help recognize and manage symptoms that can frequently occur. Collectively we'll identify and implement healthy coping mechanisms and explore a variety of treatments that help manage day-to-day symptoms. What will we learn? • Identify signs and symptoms of depression • The importance of a support system and developing a crisis plan • Exploring a variety of different treatment options and coping strategies • Examining personal triggers and enforcing boundaries • Discuss our experiences with stigma and how to normalize depression through effective conversations Facilitators: Keith & Chandra
Course Facilitation Skills Training Wednesdays October 22 – November 26 (Session B: 6 Classes) 10:30 am – 11:45 am (in-person)	What will we do? This course will teach participants the skills they need to successfully develop and implement workshops in a supportive and non-judgmental environment. We will explore a variety of topics including adult learning principles, lesson planning, classroom management and group dynamics, as well as public speaking and presentation skills. Completion of this course is a prerequisite for facilitating a course within the Recovery College. What will we learn? • Presentation skills • Increase social confidence • How to engage a group of individuals so that everyone participates • Learn how to prepare lesson plans and deliver them with success • Practice active listening skills • Develop leadership skills Facilitators: Keith & Chandra
Discovering Watercolours Thursdays September 4 – October 9 (Session A: 6 Classes) 3:00 pm – 4:15 pm (in-person) <u>or</u> Thursdays October 23 – November 27 (Session B: 6 Classes) 3:00 pm – 4:15 pm (in-person)	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. 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 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. Facilitators: Ashley & Julie

Dreamcatcher Workshop Tuesdays October 21 – November 4 (Session B: 3 Classes) 3:00 pm – 4:15 pm (in-person)	What will we do? Welcome to our 3-day dreamcatcher workshop. In this workshop we will come together as a community and build our own unique dreamcatchers. We will strip and bend wood, wrap and weave fabrics and add natural elements to create our dreamcatchers. We will enjoy aboriginal music and traditional stories about the meaning of dream catchers. By the end of the workshop, you will not only have a beautiful, handmade dreamcatcher, but also a deeper understanding of its history and the value of creating together as a community. What will we learn? • How to make a dreamcatcher from start to finish • The cultural significance and traditional uses of dream catchers • Hear stories and teachings about their origins and meanings • The importance of sharing space, intention, and creativity within a group setting Facilitators: Leah & Levi
Dynamics of Discharge Tuesdays September 2 – October 7 (Session A: 6 Classes) 1:00 pm – 2:15 pm (transitional discharge) <u>or</u> Tuesdays October 21 – November 25 (Session B: 5 Classes) 1:00 pm – 2:15 pm (transitional discharge) No class November 11	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
Exploring Non-Attachment Fridays September 5 – October 10 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) <u>or</u> Fridays September 5 – October 10 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)	What will we do? We will engage in discussion with our peers, and with the curriculum. 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 & Heather

Exploring S.A.D. (Seasonal Affective Disorder) Tuesdays October 21 – November 25 (Session B: 5 Classes) 9:00 am – 10:15 am (virtual) or Tuesdays October 21 – November 25 (Session B: 5 Classes) 1:00 pm – 2:15 pm (in-person) No class November 11	What will we do? In this class we will learn about Seasonal Affective Disorder (S.A.D.). As the seasons shift, many experience fatigue, low mood, and a lack of motivation. If you would like to learn more about S.A.D. and explore causes and treatments this is the class for you. What will we learn? • What is S.A.D. • Fall/Winter S.A.D. • Spring/Summer S.A.D. • Causes and risk factors • Who is at risk • How S.A.D. is treated Facilitators: Sue & Heather
Find Your Zen for the Weekend Yoga Fridays September 5 – November 28 (Session A & B: 12 Classes) 1:00 pm – 2:15 pm (virtual) No class October 17	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). *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
Get Ahead with What You've Got: Maximizing Your Financial Resources Tuesdays October 21 – November 25 (Session B: 5 Classes) 10:30 am – 11:45 am (virtual) No class November 11	What will we do? Participants will explore various housing options by learning about subsidized housing programs, available housing supports, and how to effectively navigate the Landlord Tenant Board to understand tenant rights and responsibilities. The course also addresses food security through discovering local food banks, developing strategies for cooking on a budget, accommodating special dietary needs, connecting with Community Supported Agriculture (CSAs), utilizing food apps, and mastering comparison-shopping techniques. Managing money is another key focus, as participants will learn to set up and manage bank accounts—including online banks and credit unions—use credit cards responsibly, manage credit, and gain an understanding of financial services. Additional supports such as utility subsidies (including those for Rogers and electricity), Community Care programs, and Health at Home

	initiatives will also be explored. Finally, the course helps build essential technology skills, covering how to choose and manage phone plans, use computers and tablets, participate in community training programs, and understand subscription services. What will we learn? • Housing: How to apply for and maintain subsidized housing, the role of housing support services, and how to resolve disputes through the Landlord Tenant Board • Food Security: How to access and use food banks, plan and prepare nutritious meals on a limited budget, adapt to special dietary needs, join a CSA, utilize food apps for savings, and compare prices to stretch your food dollar • Managing Money: The basics of banking (including online and credit union options), how to use credit cards wisely, strategies for managing credit, and an overview of available financial services • Additional Supports and Programs: How to apply for utility subsidies, access Community Care resources, and benefit from Health at Home programs • Technology: How to select affordable phone plans, use computers and tablets effectively, participate in technology training, and manage subscription services Facilitators: Leah & Nicole
Glimmers, Spoon, Fork, Knife Theory Tuesdays September 2 – October 7 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) <u>or</u> Tuesdays September 2 – October 7 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)	What will we do? In this group we will explore emotional resilience and how it impacts our lives. We will discover how glimmers can help to regulate our nervous systems. We will learn how to recognize our five senses, how to notice glimmers and learn how to 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: Sue & Heather (v), Chandra & Heather (i)
Grounding in the For-Rest Tuesdays September 2 – October 7 (Session B: 6 Classes) 1:00 pm – 2:15 pm (community)	What will we do? In this mindfulness steps group, we will be combining the physical activity of hiking with the practice of mindfulness which will create a holistic experience that nurtures both body and mind. What will we learn? • 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 fully engage their senses by observing the sights, sounds, smells, and textures of the natural environment. This heightened sensory awareness enhances the mindfulness experience Facilitators: Sue & Robin
Identifying Unhealthy Relationships Wednesdays October 22 – November 26 (Session B: 6 Classes) 9:00 am – 10:15 am (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 for as long as we do • How to decide whether it is time to let go • To identify unhealthy relationships through determining our own strengths • About changes we can make in our own choices and behaviour to improve our wellness and, subsequently, the relationships we find ourselves in Facilitators: Sue & Heather
Learning about Mindfulness Mondays September 8 – November 17 (Session A & B: 10 Classes) 9:00 am – 10:15 am (virtual) No class October 13 or Mondays September 8 – November 17 (Session A & B: 10 Classes) 1:00 pm – 2:15 pm (in-person) No class October 13	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 & Heather

Maintaining Momentum Wednesdays September 3 – October 8 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) or Thursdays October 23 – November 27 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	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 Facilitators: Keith & Stacie (A), Keith & Chandra (B)
Managing Anger Mondays October 20 – November 24 (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, ON L1C 1T7 or Fridays October 24 – November 28 (Session B: 6 Classes) 9:00 am – 10:15 am (virtual) or Fridays October 24 – November 28 (Session B: 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? • What is anger • About emotions that lie underneath the anger • Tools to help support and manage our emotions • About the aggression cycle Facilitators: Sue & Chandra (c), Sue & Heather (v) (i)
Many Faces of Ego Wednesdays September 3 – October 8 (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 • Many faces of ego • Transcending the ego • Signs of ego • Attachment and ego • Letting go of ego Facilitators: Sue & Heather

Menopause Transition: Insights & Empowerment Thursdays September 4 – October 9 (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual) or Thursdays October 23 – November 27 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	What will we do? This course explores the biological processes, symptoms, and emotional impact of the menopause transition. We will gain insight into hormonal shifts, health considerations, and strategies for managing symptoms such as hot flashes, mood changes, and sleep disturbances. This course emphasizes empowerment through education, providing a supportive space to discuss experiences and how to best advocate for ourselves. Whether you're approaching menopause or seeking knowledge to support others, this course will help you navigate the menopause transition with confidence. What will we learn? • To become more informed about this normal and natural life transition • To learn how we can make positive changes in our lives to better advocate for our own health • To develop resiliency and improved health during our transition and beyond into the next chapter of our life Facilitators: Stacie & Julie
The Mirror & The Plate: Exploring Our Relationship with Body Image & Food Wednesdays October 22 – November 26 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	What will we do? This will be a supportive and judgement-free group where we can come together and discuss challenging issues related to body image. We will learn about warning signs and symptoms of disordered eating and have conversations on how to support ourselves or loved ones through challenges. What will we learn? • The difference between body neutrality and body positivity • How to set healthy boundaries for ourselves and others • Tools we can lean on to support ourselves when we become emotionally dysregulated • How to manage societal pressure and media to benefit our wellness goals • We will share and discuss resources available to the community • Ways to offer ourselves self-compassion and self-respect Facilitators: Stacie & Heather
Moving Through Transition and Change Fridays October 24 – November 28 (Session B: 6 Classes) 10:30 am – 11:45 am (in-person)	What will we do? We all experience moments when life shifts beneath our feet. Transitions and change can feel overwhelming, confusing, or even frightening. In this course, we will explore the change process together, gaining insight into why these experiences can be so difficult and how they affect us. By understanding the journey of change, we can begin to move through transitions with greater peace, resilience, and even grace. You'll find practical tools and supportive strategies to help you navigate life's twists and turns with more confidence and ease.

	What will we learn? • We will learn about the stages of change • Discover the various phases people typically go through when facing change—from initial resistance and uncertainty, to exploration, acceptance, and ultimately, growth • How to cope with the painful emotions that come with transitions • We'll explore healthy ways to acknowledge, understand, and manage these emotions so you can move forward without becoming stuck in negativity • We will learn about the different types of transitions and change that are experienced over the life span Facilitators: Leah, Nicole & Barb
My Stories, My Voice Thursdays September 4 – October 9 (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) or Thursdays October 23 – November 27 (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 with 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 & Tanya (A), Sue & Lori (B)
Off the Wall Miniature Painting with Deb Wednesdays September 3 – November 26 (Session A & B: 12 Classes) 3:00 pm – 4:15 pm (in-person) No class October 15	What will we do? We will be painting plastic miniature figures, Warhammer 40k/Age of Sigmar, that can be used for tabletop games or kept as collectables. We will use the first part of the course to paint our miniatures and the second part of the course we will play Warhammer 40k. What will we learn? • How to choose a colour scheme • How to properly thin and apply acrylic paint • How to use a wet palette • How to layer paint • How to drybrush paint • How and when to use shades • How to base the model • How to design terrain • How to play Warhammer 40k Facilitators: Debbie & Nicole

Pathways to Work – Exploring Your Next Step Towards Employment Tuesday, October 7 (Session A: 1 Class) 10:30 am – 12:30 pm (in-person) or Tuesday, November 18 (Session B: 1 Class) 10:30 am – 12:30 pm (in-person)	What will we do? At the Employment Drop-In Info Session, you will have the opportunity to build or update your resume, write a standout cover letter, prepare for interviews by practicing common questions and learning how to discuss your strengths and gaps, explore labour market information to understand what jobs are in demand, and receive vocational guidance to explore your work goals. What will we learn? • How to create a professional resume and cover letter tailored to job applications • Develop confidence and skills for interviews • Gain insights to current job market trends and opportunities • Employment Ontario (EO) supports available within the community to help you achieve your employment goals • The tools and knowledge needed to successfully re-enter the workforce Facilitators: Katie & Falguni
Poetry Writing Mondays October 20 – November 24 (Session B: 6 Classes) 10:30 am – 11:45 am (virtual)	What will we do? Each week we will learn about the chosen poetry style; examples of each style will be presented creatively. We will create prompts together and then create a poem using this style as a group. Then it is time for you to create; Krishna will be available to assist if you might need it. We invite you to share what you have written with the group, though sharing is optional. Krishna and Julie are looking forward to creating poetry with you! Poetry styles that we will cover over this 6-week period will include: Magic 9, Word Sonnet, Diminishing Verse, Occasional, Naani poems and Nonet poetry. What will we learn? • About new styles of poetry and poetry from different countries • To engage in new forms of creative, positive expression through poetry • To express ourselves through poems, while we have fun expanding our creativity Facilitators: Krishna & Julie
Progressive Low Impact Exercise Thursdays September 4 – November 27 (Session A & B: 12 Classes) 10:30 am – 11:45 am (virtual) No class October 16	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 60 to 75-minute exercise program, working at everyone's own ability. Please listen to your body, do what you can and take breaks when you need. There is no judgement by anyone in the class related to the fitness levels of others. 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.

	*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 October 22 – November 26 (Session B: 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, students will gain a new perspective on coping with difficulties and challenges and how to apply them to our daily lives Facilitators: Keith & Galen
Safe and Sound: Medication Education with Pharmacy Thursdays September 4 – October 9 (Session A: 6 Classes) 3:00 pm - 4:00 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? • Schizophrenia and antipsychotics • Depression and antidepressants • Bipolar disorder and mood stabilizer • Discharge & community navigation • Substance use (benzo/opioid/marijuana) + naloxone + smoking cessation • Additional topics around medications in mental health Facilitators: Pharmacy & Stacie
Self-Esteem Mondays October 20 – November 24 (Session B: 6 Classes) 10:30 am– 11:45 am (in-person)	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.

or Mondays October 20 – November 24 (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	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 (A), Chandra & Stacie (B)
Singing 101 Thursdays September 4 – October 9 (Session A: 6 Classes) 3:00 pm – 4:15 pm (in-person) or Thursdays October 23 – November 27 (Session B: 6 Classes) 3:00 pm – 4:15 pm (in-person)	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 This class will take place in the Multifaith Room in Building 5. Facilitators: Kaitlyn & Clark
Sound Bathing Workshop Thursday, November 6 (Session B: 1 Class) 2:00 pm – 3:15 pm (in-person)	What will we do? We will lie down on provided yoga mats or sit comfortably while experiencing the sounds and vibrations from a diverse range of instruments from various cultural backgrounds. These instruments may include singing bowls, didgeridoos, drums, tuning forks, percussion, horns, and others. As a community, we will gather with a shared intention of positivity and curiosity. Through sound bathing, we will support our individual connections, hope, identity, meaning, and empowerment. Additionally, we will value the opportunity to share insights and support one another as part of a community dedicated to wellness and self-discovery. What will we learn? • We will explore how sound bathing affects us personally, discovering our unique responses and emotions during a shared group experience • We will experience the value of sharing insights and supporting one another, fostering a sense of community focused on wellness and self-discovery • We will value the opportunity to support and learn from one another as part of a community dedicated to personal growth and well-being This class will take place in the Multifaith Room in Building 5. Facilitators: Leah & Nicole & Danny

Sound Meditation Tuesdays September 2 – October 7 (Session A: 6 Classes) 10:30 am – 11:45 am (virtual)	What will we do? We will explore the practice and benefits of sound meditation while learning how to incorporate it into our personal wellness routines. This journey will include an introduction to the seven chakras—what they represent and how to meditate within them using sound. As a community, we will foster a welcoming and open-minded atmosphere. Each week, we will enjoy the benefits of a 30-minute live sound meditation session. Together, we will discover how to use unique combinations of musical notes that personally resonate with us, supporting us through challenges and helping us move toward greater self-harmony. What will we learn? • The basics of sound meditation: Understand the principles and benefits of using sound as a tool for relaxation and mindfulness • Techniques for relaxation: Discover how sound meditation can reduce stress, promote calm, and support emotional well-being • Deep listening skills: Learn how to listen mindfully and use sound as a focus for meditation • Personal and group reflection: Experience the value of sharing insights and supporting one another in a community focused on wellness and self-discovery Facilitators: Leah & Nicole & Danny
Start Strong: Women's Supportive Beginner Fitness Tuesdays September 2 – October 7 (Session A: 5 Classes) 3:00 pm – 4:15 pm (in-person) No class September 16 or Tuesdays October 21 – November 25 (Session B: 5 Classes) 3:00 pm – 4:15 pm (in-person) No class November 11	What will we do? Over 6 weeks, we will work together in a supportive small group to help you confidently begin your fitness journey. We'll familiarize ourselves with the gym and its equipment, learn proper techniques, and develop individualized exercise plans based on your personal goals. Together, we'll support each other to reduce any anxiety about starting a new fitness program. To wrap up, we'll visit a community gym as a group, helping you feel comfortable continuing your fitness journey beyond the course. This will be held in the Conditioning Room. What will we learn? • How to navigate the gym with confidence and use various equipment safely and effectively • How to create and follow a personalized workout plan tailored to your needs and goals • Strategies to sustain your progress long-term and gain the confidence to continue your fitness journey independently—all while building positive habits and enjoying the encouragement of your group Facilitators: Julie & Tanya

Surviving a Personal Crisis Mondays September 8 – October 6 (Session A: 5 Classes) 1:00 pm – 2:15 pm (virtual) or Mondays October 20 – November 24 (Session B: 6 Classes) 3:00 pm – 4:15 pm (in-person)	What will we do? This psychoeducational support group offers participants a structured yet compassionate framework for navigating personal crises. Developed from lived experience and informed by trauma-sensitive practices, the course introduces eight key strategies to support psychological stabilization, promote emotional resilience, and foster self-directed healing. Each step offers validation of the struggle, gentle encouragement, practical strategies and emotional connection. What will we learn? • Reinforce basic self-care practices to support nervous system regulation and recovery • Explore the therapeutic benefits of nature, routine, and spiritual connection • Build confidence in help-seeking and boundary-setting within safe relationships • Develop skills in emotional expression, nonjudgmental self-awareness, and distress tolerance • Learn foundational principles of self-compassion and mindfulness • Cultivate adaptive behaviors that support recovery and reconnection with personal values Facilitators: Claire & Keith
Thriving Together: Community Wellness Peer Support Group Mondays September 8 – October 6 (Session A: 5 Classes) 1:00 pm – 2:15 pm (virtual) or Mondays October 20 – November 24 (Session B: 6 Classes) 3:00 pm – 4:15 pm (in-person)	What will we do? This weekly, peer-led support group is designed to empower individuals as they transition from hospital to community life. We provide a welcoming, inclusive space where members can connect, share experiences, and support one another in their wellness journeys. Each session blends structured guidance with participant-driven conversation, focusing on mutual support, practical tools, and real-life strategies for building resilience and fostering personal growth. Whether you're facing new challenges or celebrating small victories, you'll find understanding peers, encouragement, and resources to help you thrive. Join us to build meaningful connections, reduce isolation, and navigate the path to wellness—together. Each session will include the following: • Warm Welcome: Start with a check-in and a review of group guidelines to maintain a confidential, respectful space • Progress Sharing: Share updates on your journey, discuss weekly challenges, and celebrate milestones • Resource Exchange: Collaborate on tips, resources, and strategies for wellness and community involvement • Gentle Growth Activities: Receive optional, supportive tasks—such as trying a new community activity or practicing a wellness technique—to encourage personal growth and accountability

	What will we learn? • How to build supportive connections and foster 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 • Effective wellness strategies for managing challenges and maintaining mental and physical health • Practical tools and resources for engaging with the community and navigating daily life • Goal-setting techniques to support personal growth, motivation, and accountability • How to challenge self and societal stigma Join us to connect, share, and grow—one step at a time, together. Facilitators: Leah & Nicole
Understanding Co-Dependency Thursdays October 23 – November 27 (Session B: 6 Classes) 9:00 am – 10:15 am (virtual) or Thursdays October 23 – November 27 (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)	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 & Heather (v), Heather & Bri (i)
Understanding Core Beliefs Thursdays September 4 – October 9 (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) or Thursdays September 4 – October 9 (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)	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 viewed. 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 recovery wellness Facilitators: Sue & Heather

Visual Voices: Inspiration Through Art & Chat Fridays October 24 – November 28 (Session B: 6 Classes) 10:30 am – 11:45 am (in-person)	What will we do? Would you like to combine hands-on creativity with meaningful peer discussion? This course invites you to explore artistic and therapeutic outlets such as colouring, painting, vision boarding, etc. in a friendly, community setting. Materials and music will be provided. What will we learn? • Discover or refine artistic skills • Celebrate the joy of making art together • Learn how to set goals and visualize your dreams through vision boarding • A sense of calm and focus • A sense of belonging and support • Self-expression through open chat and art Facilitators: Keith & Chandra
WRAP: Wellness Recovery Action Plan Wednesdays September 3 – October 15 (Session A: 7 Classes) 1:00 pm – 3:00 pm (in-person)	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: • Discover simple, safe, and effective tools to create and maintain wellness • Develop a daily plan to stay on track with your life and wellness goals • Identify what throws you off track and develop a plan to keep moving forward • Gain support and stay in control even in a crisis 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: Keith & Peter
A Zest for Zentangle Wednesdays September 3 – October 8 (Session A: 5 Classes) 5:15 pm – 6:30 pm (virtual) No class September 17 or Wednesdays October 22 – November 26 (Session B: 6 Classes) 5:15 pm – 6:30 pm (virtual)	What will we do? Zentangle Inspired Art (ZIA) is an easy to learn art form that helps promote relaxation and stress reduction. It originally focused on using small squares and creating abstract designs. ZIA will allow us to use different images that are more inspiring and interesting as they begin to develop. Images that we have done in the past include nature, animals, and a light house that we filled with repetitive patterns to create a beautiful art piece. This session we will also start to incorporate colour into the pieces. Additionally, your creation becomes a unique piece of artwork that you can keep anywhere. Learn how to create your own small art kit to take with you, so you can practice this art form wherever you are. Julie will send a suggested supply list out prior to the start of each session.

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



I will live my life, not my diagnosis.

- Pat Deegan





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