

Spring/Summer 2024 Course Guide

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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

New this Semester

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

We are very excited to have some new offerings this semester (Discovering Glimmers, Horticulture, Musical Expression, 4 Pillars for a Good Life, Men’s Group, Diving into Diversity and more).

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

Existing students - Login

New students - Click here to create an account

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:

Welcome to MedSIS 3C - RECOVERY COLLEGE Ontario Shores

Your account has been activated

Enter MedSIS

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

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

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

The screenshot shows the MedSIS 3C dashboard. On the left, under the 'Registration Requirements' tab for the '2022 Winter S' session, there are two items: 'Registration Form' with an 'Outstanding' status and 'Membership Agreement' with a 'Signature Required' status. A yellow circle highlights a 'details...' link at the bottom of this section. On the right, the 'Alerts' section contains two red circular notifications: 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 the 'Registration Form', which has not been submitted yet. It has an 'Outstanding' status and a 'Start Registration' button highlighted in yellow. The second requirement is the 'Membership Agreement', which has not been signed yet. It has 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.

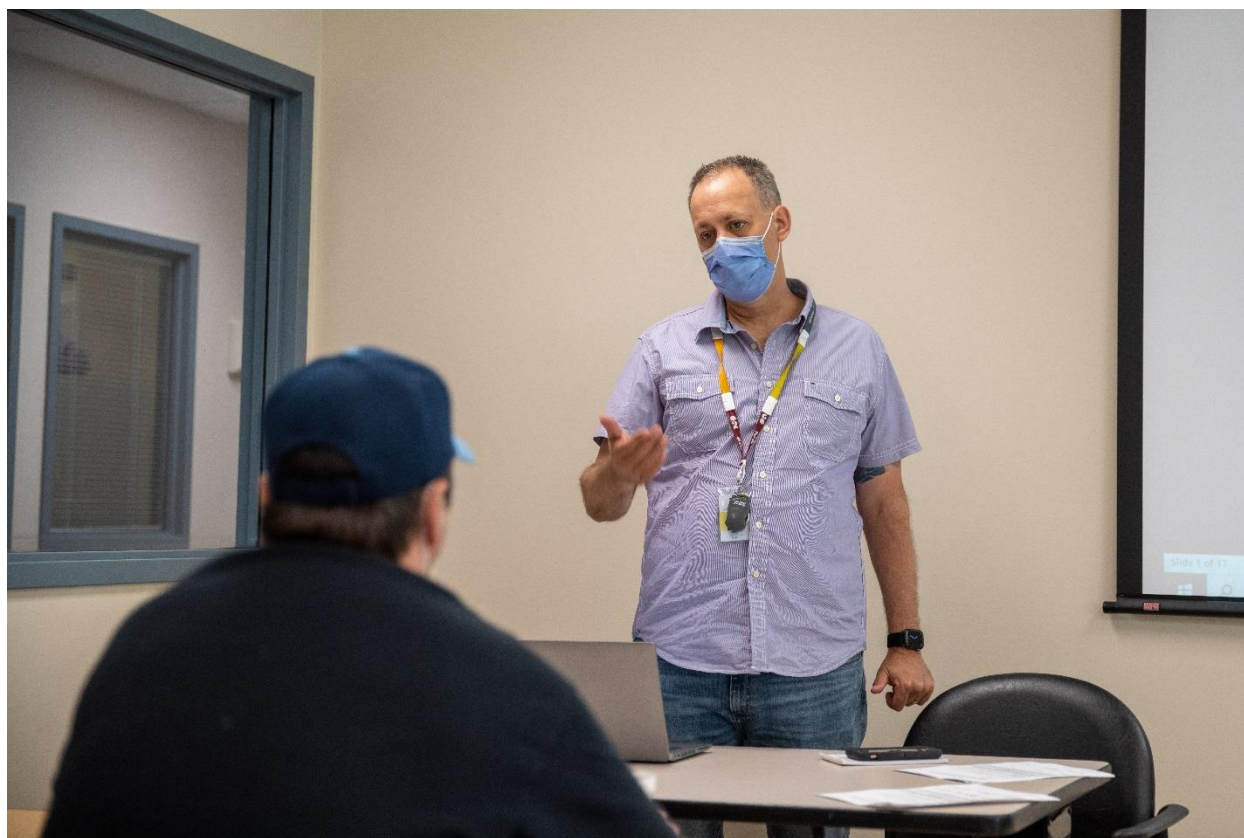
Recovery College Spring/Summer 2024 Semester

Semester Dates:

May 6, 2024 – August 2, 2024

Session A: May 6 – June 14 Session B: June 24 – August 2

(No class – Monday, May 20 (Victoria Day) & Monday, July 1 (Canada Day))





Recovery College Spring/Summer 2024 Semester **Session A**

January 8 – April 5, 2024

Session A: Jan 8 – Feb 16 Session B: Feb 26 – Apr 5

(No class – Monday, Feb 19 (Family Day) & Friday, Mar 29 (Good Friday) & Monday, April 1 (Easter Monday))

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	<u>Virtual - Learning About Mindfulness - A & B</u> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather		<u>Virtual - Exploring Radical Acceptance - A</u> May 8 – June 12 6 classes Sue & Heather	<u>Virtual - Exploring Core Beliefs – A</u> May 9 – June 13 6 classes Sue & Heather	<u>Virtual - Exploring Non-Attachment – A</u> May 10 – June 14 6 classes Sue & Heather
10:30am-11:45am	<u>In-Person - Building Better Boundaries - A</u> May 6 – June 17 (No class on May 20) 6 classes Keith & Chandra	<u>In-Person – Horticulture - A</u> May 7 – June 11 6 classes Noelle & Sherry	<u>In-Person – Anxiety and Panic - A</u> May 8 – June 12 6 classes Keith & Chandra	<u>Virtual – My Stories My Voice - A</u> May 9 – June 13 6 classes Sue & Lori	<u>In-Person -Creative Colouring/Painting Extravaganza - A</u> May 10 - June 14 6 classes Chandra & Colleen
		<u>In-Person - Overcoming Challenges - A</u> May 7 – June 11 6 classes Keith & Chandra	<u>In-Person Pop-Up Art Hive - LivingRoom Art Studio Collaboration – A</u> May 29 10:30 am – 12:00 pm 1 class Mary K	<u>In-Person - Conquering Loneliness - A</u> May 9 - June 13 6 classes Keith & Chandra	<u>In-Person – CMHA Durham Collaboration Co-Design Harm Reduction @ CMHA Durham – A</u> *Note time: 10:00 am – 11:30 am* May 10 – June 7 5 classes Keith
		<u>Virtual – Creative Writing – A & B</u> May 7 – June 25 8 classes Julie & Krishna		<u>Virtual – Progressive Low Impact Exercise – A & B</u> May 9 – July 25 12 classes Julie	
1:00-2:15pm	<u>In-Person – Learning about Mindfulness – A & B</u> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather	<u>In-Person – Lyrical Analysis – A</u> May 7 – June 11 6 classes Heather & Sue	<u>In-Person - Exploring Radical Acceptance - A</u> May 8 – June 12 6 classes Heather & Emiliana	<u>In-Person – Exploring Core Beliefs – A</u> May 9 – June 13 6 classes Sue & Heather	<u>In-Person - Exploring Non- Attachment - A</u> May 10 – June 14 6 classes Sue & Heather
	<u>In-Person – Paper Crafting - A</u> May 6 – June 10 (No class on May 20) 5 classes Julie	<u>Virtual - Women’s Group - A</u> May 7 – June 11 6 classes Julie	<u>In-Person – The Dynamics of Discharge - A</u> May 8 – June 12 6 classes Nicole & Chandra	<u>In-Person – Music for Self- Care - A</u> May 9 – June 13 6 classes Kaitlyn & Julie	<u>Virtual – Friday Yoga Flow – A & B</u> May 10 – July 26 12 classes Julie

	<p><u>Virtual – Building Better Boundaries – A</u> May 6 – June 17 (No class on May 20) 6 classes Keith & Chandra</p>	<p><u>In-Person – DMHS Collaboration Pursuing Dreams and Aspirations @ Cormack Station – A</u> May 7 – June 11 6 classes Keith</p>	<p><u>In-Person – Art Journaling – A</u> May 8 – June 12 6 classes Julie & Sue</p>	<p><u>Virtual – Advocacy - A</u> May 9 – June 13 6 classes Keith & Chandra</p>	<p><u>Virtual – Open Peer Discussion – A</u> May 10 – June 14 6 classes Keith & Chandra</p>
<p>3:00 pm- 4:15 pm</p>		<p><u>In-Person – Musical Expression – A</u> May 7 – June 11 6 classes Kaitlyn & Clark</p>		<p><u>In-Person – Building Better Boundaries @ Clarington Library - A</u> May 9 - June 13 6 classes Sue, Nicole & Chandra</p>	
		<p><u>In-Person - Yoga Flow – A</u> May 7 – June 11 6 classes Julie & Sue</p>		<p><u>Virtual – Discovering Water Colours – A</u> May 9 – June 13 6 classes Julie & Ashley</p>	
<p>5:15 pm – 6:30 pm</p>			<p><u>Virtual – Relaxing with Zentangle – A</u> May 8 - June 12 6 Classes Julie</p>		

Recovery College Spring/Summer 2024 Semester **Session B**



January 8 – April 5, 2024

Session A: Jan 8 – Feb 16 Session B: Feb 26 – Apr 5

(No class – Monday, Feb 19 (Family Day) & Friday, Mar 29 (Good Friday) & Monday, April 1 (Easter Monday))

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	<u>Virtual - Learning About Mindfulness - A & B</u> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather	<u>Virtual - CHIME - B</u> June 18 – July 23 6 classes Sue & Heather	<u>Virtual - Managing Anger - B</u> June 19 – July 24 6 classes Sue & Heather	<u>Virtual – Building Resiliency – B</u> June 20 – July 25 6 classes Sue & Heather	<u>Virtual - Evolution of Readiness - B</u> June 21 – July 26 6 classes Sue & Heather
10:30am-11:45am	<u>In-Person – Identifying Unhealthy Relationships – B</u> June 24 – July 29 (No class on July 1) 5 classes Keith & Chandra	<u>In-Person – Advocacy – B</u> June 25 – July 30 6 classes Keith & Chandra	<u>In-Person – Funky Junk to Garden Gold: The Composting Adventure – B</u> June 26 – July 31 6 classes Joe & Chandra	<u>Virtual - My Stories My Voice - B</u> June 20 – July 25 6 classes Sue & Lori	<u>In-Person – Self-Care 101 – B</u> June 28 – Aug 2 6 classes Keith & Chandra
	<u>In-Person – 4 Pillars For a Good Life – B</u> June 24 – July 29 (No class on July 1) 5 classes Sue & Nick	<u>Virtual – Creative Writing – A & B</u> May 7 – June 25 8 classes Julie & Krishna	<u>In-Person Open Studio Process Workshop – LivingRoom Art Studio Collaboration - B</u> June 19 10:30 am – 12:00 pm 1 class Mary K	<u>In-Person – Self Esteem – B</u> June 27 – Aug 1 6 classes Keith & Chandra	
	<u>Virtual - Diving into Diversity – B</u> Jun 24 – July 29 (No class on July 1) 5 classes Shauna, Brook & Kennan			<u>Virtual – Progressive Low Impact Exercise – A & B</u> May 9 – July 25 12 classes Julie	
1:00-2:15pm	<u>In-Person – Learning about Mindfulness – A & B</u> May 6 – July 22 (No class on May 20 and July 1) 10 classes Sue & Heather	<u>In-Person - CHIME - B</u> June 18 – July 23 6 classes Sue & Heather	<u>In-Person – Exploring Core Beliefs - B</u> June 19 – July 24 6 classes Sue & Heather	<u>In-Person - Building Resiliency – B</u> June 20 – July 25 6 classes Sue & Heather	<u>In-Person - Evolution of Readiness - B</u> June 21 – July 26 6 classes Heather & Emiliana
			<u>In-Person – The Dynamics of Discharge - A</u> June 26 – July 31 6 classes Nicole, Brook & Kennan		
	<u>In-Person – Paper Crafting - B</u> June 17 - July 29 (No class on July 1)	<u>Virtual - Women’s Group - B</u> June 18 - July 23 6 classes	<u>In-Person – Art Journaling – B</u> June 19 – July 24 6 classes Julie & Sue	<u>In-Person – Music for Self- Care - B</u> June 20 – July 25 6 classes	<u>Virtual – Friday Yoga Flow A & B</u> May 10 – July 26

	5 classes Julie	Julie		Kaitlyn & Julie	12 classes Julie
	<u>Virtual – Men’s Group – B</u> June 24 – July 29 (No class July 1) 5 classes Keith	<u>In-Person – DMHS Collaboration – Maintaining Momentum @ Cormack Station – B</u> July 9 - July 30 4 classes Keith	<u>Virtual – Course Facilitation Skills Training – B</u> June 26 – July 31 6 classes Keith & Chandra	<u>Virtual – Anxiety and Panic – B</u> June 27 – Aug 1 6 classes Keith & Chandra	<u>Virtual – Coping with Depression – B</u> June 28 – Aug 2 6 classes Keith & Chandra
3:00 pm- 4:15 pm		<u>In-Person - Yoga Flow - B</u> June 18 – July 23 6 classes Julie & Sue	<u>In-Person – Off the Wall Miniatures Painting with Deb – B</u> June 12 – July 31 8 classes Debbie & Nicole	<u>In-Person – Exploring Core Beliefs @ Clarington Public Library – B</u> June 27 - Aug 1 6 classes Sue, Nicole & Chandra	
		<u>In-Person – Musical Expression – B</u> June 18 – July 23 6 classes Kaitlyn & Clark		<u>Virtual – Discovering Water Colours – B</u> June 20 - July 25 6 classes Julie & Ashley	
5:15 pm – 6:30 pm			<u>Virtual – Relaxing with Zentangle – B</u> June 19 – July 24 6 classes Julie		
6:00 pm – 7:30 pm			<u>Virtual - Empowering Caregivers: Navigating Compassion, Advocacy & Well-being – B</u> June 26 – July 31 6 classes Sue & Chandra		

Alphabetical(ish) List of Course Descriptions

Use CTRL F to search document

Course Name	Day, Time & Dates	Course Description
<p>In Person – Art Journaling – A</p>	<p>Wednesday 1:00 pm – 2:15 pm May 8 – June 12 Session A</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 & Sue Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In Person – Building Resiliency – B</p>	<p>Thursday 1:00 pm – 2:15 pm June 20 – July 25 Session B</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: Thursday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In Person - Yoga Flow - A</p>	<p>Tuesday 3:00 pm - 4:15 pm May 7 – June 11 Session A</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>In-Person – 4 Pillars for A Good Life – B</p>	<p>Monday 10:30 am – 11:45 am June 24 – July 29 (no class July 1) Session B</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 & Nick Day & Time: Monday 10:30 am – 11:45 am Number of Classes: 5</p>
<p>In-Person – Advocacy – B</p>	<p>Tuesday 10:30 am – 11:45 am June 25 – July 30 Session B</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 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: Tuesday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person – Anxiety & Panic – A</p>	<p>Wednesday 10:30 am – 11:45 am May 8 – June 12 Session A</p>	<p>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.</p> <p>What will you learn?</p>

		<ul style="list-style-type: none"> We will speak generally about what happens in the body during anxiety and panic attacks, and why the unpleasant symptoms occur in order to decrease fear during an attack. We will also learn tools for dealing with anxiety in general. We will teach each other new techniques by sharing what has worked for us. <p>Facilitators: Keith & Chandra Day & Time: Wednesday 10:30 am – 11:45 am Number of Classes: 6</p>
In-Person – Art Journaling – B	<p>Wednesday</p> <p>1:00 pm – 2:15 pm</p> <p>June 19 – July 24</p> <p>Session B</p>	<p>What will we do?</p> <p>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 & Sue Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
In-Person – Building Better Boundaries – A	<p>Monday</p> <p>10:30 am – 11:45 am</p> <p>May 6 – June 17</p>	<p>What will we do?</p> <p>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>

	(no class May 20) Session A	<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>Facilitators: Keith & Chandra Day & Time: Monday 10:30 am – 11:45 am Number of Classes: 6</p>
In-Person – Building Better Boundaries @ Clarington Library - A	Thursday 3:00 pm – 4:15 pm May 9 – June 13 Session A	<p>What will we do? Embark on a transformative journey towards reclaiming your autonomy and nurturing healthier relationships through the profound impact of boundaries.</p> <p>What you will learn? Throughout this course, we will delve into the essence of boundaries, equipping you with the knowledge and tools to establish boundaries that resonate with your individual needs and aspirations. Discover how setting and maintaining personal boundaries can serve as a vital cornerstone for enhancing your mental, emotional, and physical well-being.</p> <p>Facilitator(s): Sue, Chandra, Nicole Day & Time: Thursday 3:00 – 4:15pm Number of Classes: 6</p>
In-Person – CHIME – B	Tuesday 1:00 pm – 2:15pm June 18 – July 23 Session B	<p>What will we do? We will explore the CHIME framework for personal recovery that covers five components which are Connection, Hope, Identity, Meaning, Empowerment.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Explore the importance of connection • Rebuilding positive sense of identity • Focus on strengths • Explore meaning in our mental health experience • Help build beliefs in our recovery <p>Facilitator(s): Sue & Heather Day & Time: Tuesday 1:00 pm – 2:15 pm</p>

<p>In-Person – CMHA Durham Collaboration Co-Design Harm Reduction – A @ CMHA Durham</p>	<p>Friday 10:00 am – 11:30 am May 10 – June 7 Session A</p>	<p>Number of Classes: 6</p> <p>What will we do? If you are interested in developing a new Recovery College program surrounding the topic of harm reduction, then this is the group for you!</p> <p>You are an expert on your own mental health journey, and we greatly value this expertise! As like-minded peers, we will come together brainstorming ideas and developing content for this course to be presented in future Recovery College semesters! We will collectively decide on a course name, content and topics, and how to engage participants who join. We would love to hear your experiences regarding the ways in which you connect to your community and how we can share those connections/resources with others.</p> <p>We can't wait to learn and create alongside you!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Co-design skills and the Recovery College philosophy. • How to leverage personal experiences as a source of strength and value. • How to apply the principles of co-design, lesson planning, and how to work effectively in a group while producing and/or sourcing course content. • How to help meet the mental health needs of your peers by creating a new, innovative and interactive course. <p>This course is taking place at: CMHA Durham (4th floor) 60 Bond St W, Oshawa</p> <p>Facilitators: Keith & CMHA Day of week: Friday 10:00 am – 11:30 am Number of Classes: 5</p>
<p>In-Person – Conquering Loneliness – A</p>	<p>Thursday 10:30 am – 11:45 am</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</p>

	<p>May 9 – June 13</p> <p>Session A</p>	<p>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): Keith & Chandra Day & Time: Thursday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person – Creative Colouring/Painting Extravaganza – A</p>	<p>Friday</p> <p>10:30 am – 11:45 am</p> <p>May 10 – June 14</p> <p>Session A</p>	<p>What will we do? Colouring is a place to be creative even if you feel you aren't a creative person. Card stock colouring templates and canvases are provided as well as paint and other colouring materials, so participants will not be faced with a blank page. Colouring/painting can contribute to calmness, being focused, a general sense of well-being, and it is a 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): Chandra & Colleen Day & Time: Friday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person – DMHS Collaboration Maintaining Momentum – B @ Cormack Station</p>	<p>Tuesday</p> <p>1:00 pm – 2:15 pm</p> <p>July 9 – July 30</p> <p>Session B</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: 4</p>
<p>In-Person – DMHS Collaboration Pursuing Dreams and Aspirations – A @ Cormack Station</p>	<p>Tuesday</p> <p>1:00 pm - 2:15 pm</p> <p>May 7 – June 11</p> <p>Session A</p>	<p>What will we do? Facilitators will teach students the skills needed to achieve goals, dreams, and aspirations using audio/visual aids, group activities, and group discussions.</p> <p>What will you learn? 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>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 – Evolution to Readiness – B</p>	<p>Friday</p> <p>1:00 pm – 2:15 pm</p> <p>June 21 – July 26</p> <p>Session B</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): Heather & Emiliana</p>

		<p>Day & Time: Friday 1:00 pm – 2:15 pm</p> <p>Number of Classes: 6</p>
<p>In-Person – Exploring Core Beliefs – A</p>	<p>Thursday</p> <p>1:00 pm – 2:15 pm</p> <p>May 9 – June 13</p> <p>Session A</p>	<p>What will we do?</p> <p>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 perusing, maintaining our • recovering wellness <p>Facilitator(s): Sue & Heather</p> <p>Day & Time: Thursday 1:00 pm – 2:15pm</p> <p>Number of Classes: 6</p>
<p>In-Person – Exploring Core Beliefs – B</p>	<p>Wednesday</p> <p>1:00 pm – 2:15 pm</p> <p>June 19 – July 24</p> <p>Session B</p>	<p>What will we do?</p> <p>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 perusing, maintaining our recovering wellness <p>Facilitator(s): Sue & Heather</p> <p>Day & Time: Wednesday 1:00 pm – 2:15 pm</p>

<p>In-Person – Exploring Core Beliefs @ Clarington Public Library – B</p>	<p>Thursday 3:00 pm – 4:15 pm June 27 – Aug 1 Session A</p>	<p>Number of Classes: 6</p> <p>What will we do? Gain insight into the profound impact of your core beliefs on your overall wellness. Core beliefs represent the foundational notions individuals hold about themselves, others, and the world, profoundly influencing their interpretation and response to life's myriad experiences. Serving as a distinctive lens through which individuals perceive their surroundings, these beliefs shape thoughts, emotions, and behaviors.</p> <p>What will we learn? Throughout this course, we will delve into the origins of our core beliefs, unpack their daily influence, and uncover strategies to leverage them effectively. By understanding how these beliefs shape our perceptions and experiences, we empower ourselves to navigate life's challenges with greater clarity and resilience.</p> <p>Facilitator(s): Sue, Chandra & Nicole Day & Time: Thursday 3:00 pm – 4:15pm Number of Classes: 6</p>
<p>In-Person - Exploring Non-Attachment – A</p>	<p>Friday 1:00 pm – 2:15 pm May 10 – June 14 Session A</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: Friday 1:00 pm – 2:15 pm Number of Classes: 6</p>

<p>In-Person – Exploring Radical Acceptance – A</p>	<p>Wednesday</p> <p>1:00 pm – 2:15 pm</p> <p>May 8 – June 12</p> <p>Session A</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> <p>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> <p>Facilitator(s): Heather & Emiliana Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
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<p>In-Person - Funky Junk to Garden Gold: The Composting Adventure – B</p>	<p>Wednesday 1:00 pm – 2:15 pm June 26 – July 31</p>	<p>What will we do? We want to take you on a journey from start to finish of the different stages of composting, until we reach our final product, enriched fertilizer that we could use in our gardens around the facility even to grow your own food. This course comprises of sessions, that will be part theoretical and part hands on; you get to play with dirty just like when we were kids only now you actually have a reason. As this is our first-time composting, we will be learning together. By the end of this course we hope that we will have inspired you to do a little more when it comes to keeping as much waste from going to landfills and gain an appreciation for composting making our soil as fertile as possible.</p> <p>What you will Learn?</p> <ul style="list-style-type: none"> • Understanding of your carbon footprint • What is recycling and what is compost • What can go into a compost • How to layer a compost – Brown vs Green • The carbon/nitrogen cycle • Understanding of a closed loop cycle • The 4 stages of composting • How to use compost in gardens • How to continue to do your part in becoming greener • How to compost – Creating fertile soil (having fun making dirt) <p>Facilitator(s): Chandra & Joe Day & Time: Wednesday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person – Horticulture – A</p>	<p>Tuesday 10:30 am – 11:45am May 7 – June 11 Session A</p>	<p>What will we do? Horticulture Therapy (HT) is a formal practice that uses plants, nature and other horticultural activities to promote social connection and well-being. This class offers a 6-week introduction to this practice including a series of structured lessons, discussions and hands on activities. We encourage you to get your hands ‘dirty’ and feel the connection to the Earth around you.</p> <p>What will we learn?</p>

		<p>By the end of 6 weeks, our hope is for participants to understand:</p> <ul style="list-style-type: none"> • What is Horticulture Therapy? • What are the benefits of including this practice into my wellness routine? • Basic terminology and understanding of plant growth requirements and life cycles • Other topics may include: soil health, plant identification, flowers, integrated pest management, plant propagation, vegetable production and greenhouse principles. <p><i>*Please inform the instructors of any food or seasonal allergies or sensitivities that you have when you register for this class*</i></p> <p>Facilitators: Noelle & Sherry Day & Time: Tuesday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person – Identifying Unhealthy Relationships – B</p>	<p>Monday 10:30 am - 11:45 am June 24 – July 29 (no class July 1) Session B</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: Monday 10:30 am – 11:45 am Number of Classes: 5</p>

<p>In-Person - Learning about Mindfulness – A & B</p>	<p>Monday 1:00 pm – 2:15 pm May 6 – July 22 (No class May 20 & July 1) Sessions A & B</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 Day & Time: Monday 1:00 pm – 2:15 pm Number of Classes: 10</p>
<p>In-Person – Lyrical Analysis – A</p>	<p>Tuesday 1:00 pm – 2:15 pm May 7 – June 11 Session A</p>	<p>What will we do? In this course we will explore a variety of different styles and types of music. Each week we will highlight a topic and participants will have an opportunity to share a song, along with having an opportunity to identify what the songs means to you and how it impacts your mood.</p> <p>What will we Learn?</p> <ul style="list-style-type: none"> • We will learn and understand how music has the ability to impact our mood regulation • Learn some of the benefits to music, and how it can help within our own personal recovery. • Build connection with others and experiences • Have fun! <p>Facilitator(s): Heather & Sue Day & Time: Tuesday 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 May 9 – June 13 Session A</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</p>

		<p>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 & Julie Day & Time: Thursday 1:00 pm – 2:15pm Number of Classes: 6</p>
<p>In-Person – Music for Self-Care – B</p>	<p>Thursday 1:00 pm – 2:15 pm June 20 – July 25 Session B</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 & Julie Day & Time: Thursday 1:00 pm – 2:15 pm Number of Classes: 6</p>

<p>In-Person - Musical Expression – A</p>	<p>Tuesday 3:00 pm – 4:15pm May 7 – June 11 Session A</p>	<p>What will we do? This course will include active music making activities such as singing, instrument playing, and a bit of song writing. We will play and sing familiar songs together from various genres based on students’ preferences as well as creating and improvising our own music as a group. Students will also be encouraged to reflect on moods/emotions and themes reflected in songs and music created with questions asked by facilitators. No musical experience is needed to benefit from this course though an interest in music and a willingness to try new things is encouraged. All materials/instruments will be provided.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • How music can express different emotions or evoke different moods • The basic elements of music (rhythm, melody, tone etc.) and how to use them to achieve a certain expression within playing and/or singing songs • How to write song lyrics to express meaningful thoughts and ideas <p>Facilitator(s): Kaitlyn & Clark Day & Time: Tuesday 3:00 pm - 4:15 pm Number of Classes: 6</p>
<p>In-Person - Musical Expression – B</p>	<p>Tuesday 3:00 pm – 4:15pm June 18 – July 23 Session B</p>	<p>What will we do? This course will include active music making activities such as singing, instrument playing, and a bit of song writing. We will play and sing familiar songs together from various genres based on students’ preferences as well as creating and improvising our own music as a group. Students will also be encouraged to reflect on moods/emotions and themes reflected in songs and music created with questions asked by facilitators. No musical experience is needed to benefit from this course though an interest in music and a willingness to try new things is encouraged. All materials/instruments will be provided.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • How music can express different emotions or evoke different moods

		<ul style="list-style-type: none"> The basic elements of music (rhythm, melody, tone etc.) and how to use them to achieve a certain expression within playing and/or singing songs How to write song lyrics to express meaningful thoughts and ideas <p>Facilitator(s): Kaitlyn & Clark Day & Time: Tuesday 3:00 pm - 4:15 pm Number of Classes: 6</p>
<p>In-Person – Off the Wall Miniatures Painting with Deb - B</p>	<p>Wednesday</p> <p>3:00 pm - 4:15 pm</p> <p>June 12 – July 31</p> <p>Session B</p>	<p>What will we do? We will be painting plastic miniature figures, Warhammer 40k/Age of Sigmar, that can be used for table top games, or kept as collectables.</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 <p>Facilitator(s): Debbie & Nicole Day & Time: Wednesday 3:00 pm – 4:15 pm Number of Classes: 8</p>
<p>In-Person – Overcoming Challenges – A</p>	<p>Tuesday</p> <p>10:30 am – 11:45 am</p> <p>May 7 – June 11</p> <p>Session A</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 you 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

		<ul style="list-style-type: none"> • 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 & Time: Tuesday 10:30 am – 11:45 am Number of Classes: 6</p>
In-Person – Paper Crafting – A	<p>Monday</p> <p>1:00 pm – 2:15 pm</p> <p>May 6 – June 10 (no class May 20)</p> <p>Session A</p>	<p>What will we do? Paper craft is a collection of crafts using paper or card as the primary artistic medium for the creation of two or three-dimensional objects. Paper and card stock can be used in an infinite number of different techniques and can be folded, curved, bent, cut, glued, molded, stitched, or layered. This group will emphasize the creative process of utilizing paper to create beautiful art. We will sample different paper crafting projects such as collages, card making, scrape paper picture making and quilling.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To get creative and express ourselves with paper crafts • To give renewed importance to the use of paper scraps within our creativity • To develop our skills and confidence when learning new art pieces <p>Facilitator(s): Julie Day & Time: Monday 1:00 pm – 2:15pm Number of Classes: 5</p>
In-Person - Paper Crafting – B	<p>Monday</p> <p>1:00 pm - 2:15 pm</p> <p>June 17 – July 22 (no class July 1)</p> <p>Session B</p>	<p>What will we do? Paper craft is a collection of crafts using paper or card as the primary artistic medium for the creation of two or three-dimensional objects. Paper and card stock can be used in an infinite number of different techniques and can be folded, curved, bent, cut, glued, molded, stitched, or layered. This group will emphasize the creative process of utilizing paper to create beautiful art. We will sample different paper crafting projects such as collages, card making, scrape paper picture making and quilling.</p>

		<p>What will we learn?</p> <ul style="list-style-type: none"> • To get creative and express ourselves with paper crafts • To give renewed importance to the use of paper scraps within our creativity • To develop our skills and confidence when learning new art pieces <p>Facilitator(s): Julie Day & Time: Monday 1:00 pm – 2:15pm Number of Classes: 5</p>
In-Person – Self-Care 101 – B	<p>Friday</p> <p>10:30 am – 11:45 am</p> <p>June 28 – August 2</p> <p>Session B</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: Friday 10:30 am – 11:45 am Number of Classes: 6</p>
In-Person – Self-Esteem – B	<p>Thursday</p> <p>10:30 am – 11:45 am</p> <p>June 27 – August 1</p> <p>Session B</p>	<p>What will we do? Do you find it difficult to share your opinions and to speak up for yourself? This course will explore what self-esteem is, why we struggle with it, the importance of positive self-esteem, and what causes low self-esteem. We will also take a look at strategies to challenge negative or inaccurate thinking.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • What is self-esteem and ways to build it • Factors that shape and influence self-esteem • How to communicate assertively • Ways to set healthy boundaries, etc.

		<p>Facilitator(s): Keith & Chandra Day & Time: Thursday 10:30 am – 11:45 am Number of Classes: 6</p>
<p>In-Person – The Dynamics of Discharge - A</p>	<p>Wednesday 1:00 pm – 2:15 pm May 8 – June 12 Session A</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The process of discharge • Understanding readiness for discharge • Common challenges when discharging • Community supports for wellness • The benefits and challenges of maintaining wellness as an out-patient <p>Facilitator(s): Nicole & Chandra Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>In-Person – The Dynamics of Discharge – B</p>	<p>Wednesday 1:00 pm – 2:15 pm June 26 – July 31 Session B</p>	<p>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 a understanding of its components. This course empowers participants by equipping them with practical tools and strategies to effectively prepare for discharge.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The process of discharge • Understanding readiness for discharge • Common challenges when discharging • Community supports for wellness

		<ul style="list-style-type: none"> The benefits and challenges of maintaining wellness as an out-patient <p>Facilitator(s): Nicole, Brook & Kennan Day & Time: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
In-Person – Yoga Flow – B	<p>Tuesday</p> <p>3:00 pm – 4:15pm</p> <p>June 18 – July 23</p> <p>Session B</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>
In-Person Open Studio Process Workshop – LivingRoom Art Studio Collaboration - B	<p>Wednesday</p> <p>10:30 am – 12:00 am</p> <p>June 19</p> <p>Session B</p>	<p>What will we do? Connect with your wise and wonderful inner artist through participating in an Open Studio Process (OSP) Workshop with trained facilitator, Mary K. We'll use intention setting and journaling, intuitive art making, and witnessing to express ourselves and be there for one another in a space free from comment and critique. No art experience required – just an open mind and a willingness to engage in some serious creative play.</p> <p>What will you learn? That it's possible to:</p> <ul style="list-style-type: none"> create spontaneously trust your creative impulses tolerate and work with uncertainty

		<ul style="list-style-type: none"> • learn about yourself through the art you make • accept who you are and what you create as being enough <p>Facilitator(s): Mary K Day & Time: Wednesday 10:30 am – 12:00 pm Number of Classes: 1</p>
<p>In-Person Pop-Up Art Hive - LivingRoom Art Studio Collaboration - A</p>	<p>Wednesday 10:30 am – 12:00 am May 29 Session A</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: 1</p>
<p>Virtual – Advocacy – A</p>	<p>Thursday 1:00 pm - 2:15 pm May 9 – June 13 Session A</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!</p> <p>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?</p>

		<p>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:</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: Thursday 1:00 pm - 2:15 pm Number of Classes: 6</p>
<p>Virtual – Anxiety & Panic – B</p>	<p>Thursday 1:00 pm – 2:15pm June 27 – August 1 Session B</p>	<p>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.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • We will speak generally about what happens in the body during anxiety and panic attacks, and why the unpleasant symptoms occur in order to decrease fear during an attack. • We will also learn tools for dealing with anxiety in general. • We will teach each other new techniques by sharing what has worked for us. <p>Facilitator(s): Keith & Chandra Day & Time: Thursday 1:00 pm - 2:15 pm Number of Classes: 6</p>

<p>Virtual – Building Better Boundaries – A</p>	<p>Monday 1:00 pm – 2:15 pm May 6 – June 17 (no class May 20) Session A</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: Monday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual – Building Resiliency – B</p>	<p>Thursday 9:00 am – 10:15 am June 20 – July 25 Session B</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: Thursday 9:00 – 10:15 am Number of Classes: 6</p>
<p>Virtual – CHIME – B</p>	<p>Tuesday 9:00 am – 10:15 am</p>	<p>What will we do? We will explore the CHIME framework for personal recovery that covers five components which are Connection, Hope, Identity, Meaning, Empowerment.</p>

	<p>June 18 – July 23</p> <p>Session B</p>	<p>What will we learn?</p> <ul style="list-style-type: none"> • Explore the importance of connection • Rebuilding positive sense of identity • Focus on strengths • Explore meaning in our mental health experience • Help build beliefs in our recovery <p>Facilitator(s): Sue & Heather Day & Time: Tuesday 9:00 am – 10:15 am Number of Classes: 6</p>
<p>Virtual – Coping with Depression – B</p>	<p>Friday</p> <p>1:00 pm – 2:15 pm</p> <p>June 28 – August 2</p> <p>Session B</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?</p> <p>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: Friday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual – Course Facilitation Skills Training (CFST) – B</p>	<p>Wednesday</p> <p>1:00 pm – 2:15 pm</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</p>

	<p>July 26 – July 31</p> <p>Session B</p>	<p>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?</p> <ul style="list-style-type: none"> • Class participants will have an opportunity to: • 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: Wednesday 1:00 pm – 2:15 pm Number of Classes: 6</p>
<p>Virtual - Creative Writing – A & B</p>	<p>Tuesday</p> <p>10:30 am – 11:45 am</p> <p>May 7 – June 25</p> <p>Session A</p>	<p>What will we do?</p> <p>We will explore creative writing using various techniques and themes. Many story styles including short stories will be explored through the following genres: comedy, fantasy, thriller, mystery and soliloquies/asides. We will look at poetic literary devices - those things that make a poem...well a poem. And we will visit short plays and explore villanelle poetry.</p> <p>Examples of each style will be presented and we will have opportunities to write during each session, either collectively or individually. Optional writing prompts will also be provided for added inspiration. 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! Please note, new day, same time!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To expand our knowledge of poetry, short stories and play writing abilities. • To connect with ourselves on a deeper level. • To effectively communicate our thoughts through writing, while we have fun expanding our creativity!

		<p>Facilitator(s): Julie & Krishna Day & Time: Tuesday 10:30 am – 11:45 am Number of Classes: 8</p>
<p>Virtual - Discovering Water Colours – A</p>	<p>Thursday 3:00 pm - 4:15 pm May 9 – June 13 Session A</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): Julie & Ashley Day & Time: Thursday 3:00 pm – 4:15pm Number of Classes: 6</p>
<p>Virtual - Discovering Water Colours – B</p>	<p>Thursday 3:00 pm - 4:15 pm June 20 – July 25 Session B</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.

		<ul style="list-style-type: none"> • 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): Julie & Ashley Day & Time: Thursday 3:00 pm – 4:15pm Number of Classes: 6</p>
<p>Virtual - Diving into Diversity – B</p>	<p>Monday</p> <p>10:30 am – 11:45 am</p> <p>Jun 24 – July 29</p>	<p>What will we do?</p> <p>In this course, we will explore our own identity and others’ identities and think about our access to power and privilege. We will move to a greater understanding of how our unique identities shape the way we communicate and interact with each other and how can become more inclusive.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • You will learn about identity and the parts that make up identity • You will learn how you become more inclusive in your language, communication, actions to create spaces where everyone can belong • You will learn about the power you hold because of your unique lived experiences and how you can be an agent of change and create a friendlier world. <p>Facilitator(s): Shauna, Brook & Kennan Day & Time: Monday 10:30 am – 11:45 am Number of Classes: 5</p>
<p>Virtual – Empowering Caregivers: Navigating Compassion, Advocacy & Well Being – B</p>	<p>Wednesday</p> <p>6:00 pm – 7:30 pm</p> <p>June 26 – July 31</p> <p>Session B</p>	<p>What will we do?</p> <p>Through this series of five workshops, 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</p>

		<p>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 & Sue Day & Time: Wednesday 6:00 pm – 7:30 pm Number of Classes: 6</p>
Virtual – Evolution to Readiness – B	<p>Friday</p> <p>9:00 am – 10:15 am</p> <p>June 21 – July 26</p> <p>Session B</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): Sue & Heather Day & Time: Friday 9:00 am – 10:15 am Number of Classes: 6</p>
Virtual – Exploring Core Beliefs – A	<p>Thursday</p> <p>9:00 am - 10:15 am</p> <p>May 9 – June 13</p> <p>Session A</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</p>

		<p>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 perusing, maintaining our • recovering wellness <p>Facilitator(s): Sue & Heather Day & Time: Thursday 9:00 am -10:15 am Number of Classes: 6</p>
Virtual – Exploring Non-Attachment – A	<p>Friday</p> <p>9:00 am – 10:15 am</p> <p>May 10 – June 14</p> <p>Session A</p>	<p>What will we do?</p> <p>The purpose of this program is to engage in both discussions with our peers and with the curriculum to learn and bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences and understand that as we cling to these ideas we also create more suffering. In this group we will be discussing some 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: Friday 9:00 am – 10:15 am Number of Classes: 6</p>
Virtual – Exploring Radical Acceptance – A	<p>Wednesday</p> <p>9:00 am - 10:15 am</p> <p>May 8 – June 12</p> <p>Session A</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: Wednesday 9:00 am -10:15 am Number of Classes: 6</p>
Virtual - Friday Yoga Flow – A & B	<p>Friday</p> <p>1:00 pm – 2:15 pm</p> <p>May 10 – July 26</p> <p>Sessions A & B</p>	<p>What will we do?</p> <p>We know that yoga can be a great workout but it is more than that. It connects us with our body by practicing breathing techniques, working on our posture as well as strength, flexibility, balance and stamina. Yoga may also assist us with focusing, 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>Please note, session location will be sent to you on the Friday morning. The aim is to have our yoga class by the water, however if the weather is not cooperative, we will need to be inside.</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: 12</p>
Virtual – Learning about Mindfulness – A & B	<p>Monday</p> <p>9:00 am - 10:15 am</p>	<p>What will we do?</p> <p>Mindfulness is a tool that you can put in your tool belt to help you manage difficult situations and bring you back to the present moment. In this group, we will engage in both discussions with our peers and with the curriculum</p>

	<p>May 6 – July 22 (no class May 20 & July 1)</p> <p>Sessions A & B</p>	<p>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>
<p>Virtual – Managing Anger – B</p>	<p>Wednesday</p> <p>9:00 am – 10:15 am</p> <p>June 19 – July 24</p> <p>Session B</p>	<p>What will we do?</p> <p>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>Virtual – Men’s Group – B</p>	<p>Monday</p> <p>1:00 pm - 2:15 pm</p> <p>June 24 – July 29 (no class July 1)</p> <p>Session B</p>	<p>What will we do?</p> <p>The purpose of this group is to better understand issues that males face that are important to them. We will openly discuss these in a caring environment, supporting each other as we grow in our recovery and further develop, listening, supporting and problem-solving skills.</p> <p>What will you learn?</p> <p>To create a time for males to discuss openly about personal issues that are deemed important.</p> <p>Facilitator(s): Keith Day & Time: Monday 1:00 pm – 2:15 pm Number of Classes: 5</p>

<p>Virtual – My Stories My Voice – B</p>	<p>Thursday 10:30 am - 11:45 am June 20 – July 25 Session B</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>Virtual – My Stories, My Voices – A</p>	<p>Thursday 10:30 am – 11:45 am May 9 – June 13 Session A</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

		<ul style="list-style-type: none"> • 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>
Virtual – Open Peer Discussion – A	<p>Friday</p> <p>1:00 pm - 2:15 pm</p> <p>May 10 – June 14</p> <p>Session A</p>	<p>What will we do: During these unprecedented times, 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 and to share life experiences with one another.</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>
Virtual – Progressive Low Impact Exercise – A & B	<p>Thursday</p> <p>10:30 am – 11:45 am</p> <p>May 9 – July 25</p> <p>Sessions A & B</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 – 11:45 am Number of Classes: 12</p>
<p>Virtual – Relaxing with Zentangle® - A</p>	<p>Wednesday</p> <p>5:15 pm - 6:30 pm</p> <p>May 8 – June 12</p> <p>Session A</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>Facilitators: Julie Day & Time: Wednesday 5:15 pm - 6:30 pm Number of Classes: 6</p>
<p>Virtual – Relaxing with Zentangle® - B</p>	<p>Wednesday</p> <p>5:15 pm - 6:30 pm</p> <p>June 19 – July 24</p> <p>Session B</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

		<ul style="list-style-type: none"> 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 - 6:30pm Number of Classes: 6</p>
Virtual – Women’s Group – A	<p>Tuesday 1:00 pm – 2:15 pm</p> <p>May 7 – June 11</p> <p>Session A</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>
Virtual – Women’s Group B	<p>Tuesday 1:00 pm – 2:15 pm</p> <p>June 18 – July 23</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</p>

	Session B	<p>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>
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