



Ontario Shores
Centre for Mental Health Sciences

Discovery. Recovery. Hope.

Winter 2025

Contact:

905-430-4055 x 6990

RecoveryCollege@ontarioshores.ca

Recovery College Leader:

Allison Stevens, ext. 6435

Peer Support Department:

Chandra Amodeo, ext. 6791

Sue Hie, ext. 6378

Nicole Meens Miller, ext. 6307

Heather Morhorn, ext. 6550

Keith Wilen, ext. 6961

Table of Contents

Welcome

The Steady Walk.....	3
What is Recovery?.....	4
The Recovery College at Ontario Shores	4
Post-Secondary Recovery College.....	4
Courses within the Recovery College.....	5
Peer Tutors	5
Recovery College Mission, Vision, Values.....	6

Registration Process

New Student Registration.....	7
Returning Student Registration.....	9

Course Descriptions and Dates

ADHD & Me.....	15
Advocacy.....	15
Art Journaling	15
The Art of Craft	16
Building Better Boundaries	16
Building Resiliency	16
Building Self Worth	17
CHIME	17
Communication & Conflict	17
Conquering Loneliness	18
Coping with Anxiety & Panic	18
Coping with Depression	18
Course Facilitation Skills Training (CFST).....	19
CPR-C	19
Cultivating Happiness & Joy	19
Discovering Watercolour Painting.....	20
Exploring Non-Attachment.....	20

Exploring Radical Acceptance 20

Glimmers, Spoon, Fork, Knife Theory 21

Introduction to Mindfulness 21

Learning About Mindfulness..... 21

Learning to Live a Healthy, Balanced Lifestyle 22

Maintaining Momentum 22

Managing Anger 22

Music for Self-Care..... 22

My Stories, My Voice 23

NeuroNurture: Empowering Caregivers for Better Brain Health 23

No Pressure Book Club..... 24

Off the Wall Miniatures Painting with Deb..... 24

Overcoming Challenges 24

Poetry 25

Progressive Low Impact Exercise 25

Pursuing Dreams & Aspirations 26

Self-Care 101 26

Self-Esteem 26

Self-Esteem Boost for Women: Pathways to Wellness & Self-Care 26

Understanding Burnout 27

Yoga 27

ZIA (Zentangle Inspired Art)..... 28

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.



The Steady Walk

Way long before I was born,
I built a steady walk
Life has given me a lot to drink,
to think, and the will to be me.

For all I know there has been
Bitter pain, sorrows and grief.
But, regardless of it, all I will
always take with me is the bitter
sweetness of love and joy.

With every single step,
so much effort has taken place.
And this all feels like hard
birthing labor pains.

I need to rest, to breathe,
and put myself back together,
then start to walk step by steps
and once again start the steady walk.

No one should overestimate the power
Of my song, my poems or my contagious laughter.
Don't you know that I was always called
The unbreakable, the unshakable
And the one who is just?

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

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



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:

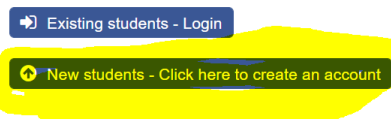
learning and discovery. Courses provide education about mental illnesses, treatment, wellness and ultimately discovering or rediscovering passions, hope, and meaning. TI Recovery College complements professional assessment and treatment by helping participants understand their challenges and learn how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

The screenshot shows the MedSIS 3C dashboard. On the left, under 'Registration Requirements' for '2022 Winter S', 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 below the Membership Agreement. On the right, under 'Alerts', there are two notifications: 'Registration Form for 2022 Winter Semester, Student: MeensMiller, Nicole Please complete the registration form' and 'Membership Agreement Signature Required for 2022 Winter Semester, Student: MeensMiller, Nicole Membership Agreement Signature Required'. A 'details...' link is 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 in MedSIS 3C. It indicates '2 out of 2' items are 'Not Completed'. The first item is 'Registration Form', which is 'Outstanding' and has a 'Start Registration' button highlighted in yellow. The second item is 'Membership Agreement', which is 'Signature Required' and has a 'Sign Off' button highlighted in yellow.

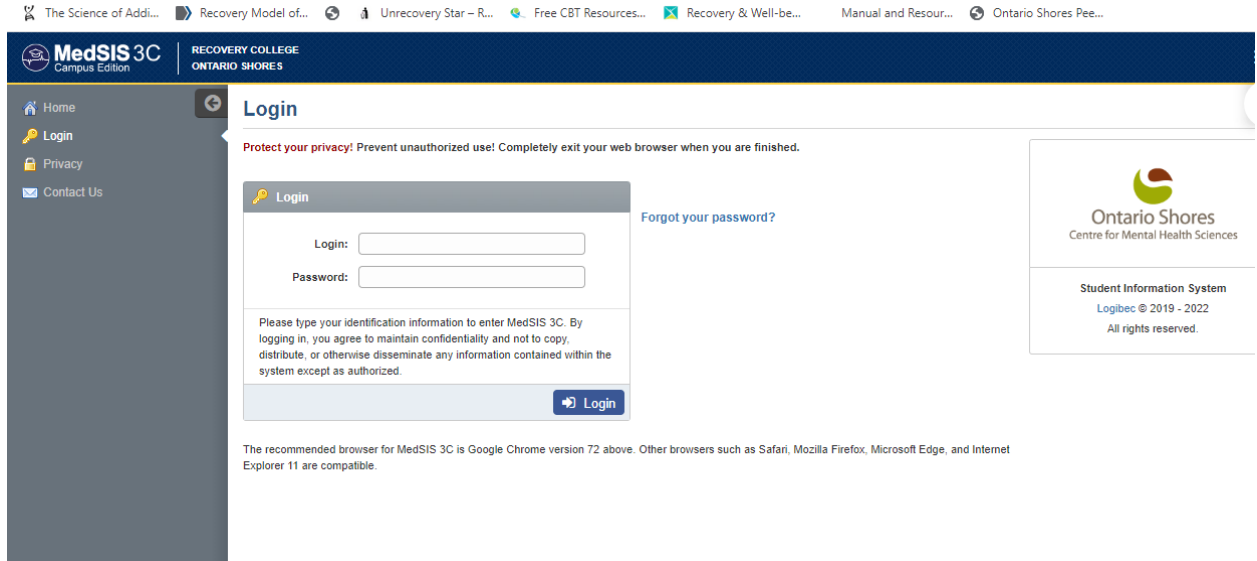
12. Complete Individualized Learning Plan if you wish or just submit blank document

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



Returning Student Registration

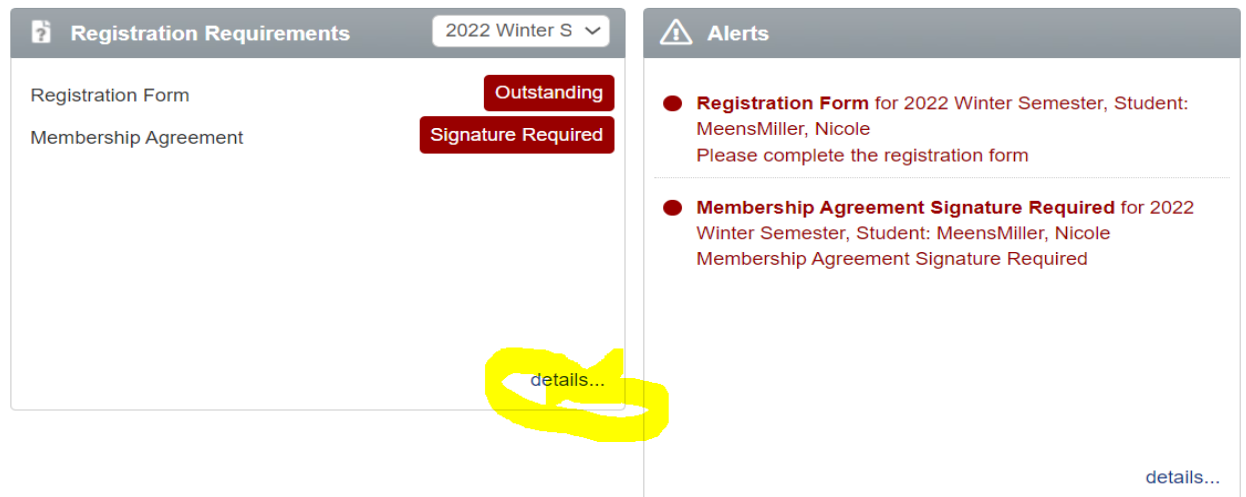
1. Visit <https://recoverycollege.ontarioshores.ca>
2. You then need use your credentials to log in:



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 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 Winter 2025 Schedule

Session A: January 6, 2025 – February 14

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness – A & B Jan 6 – March 17 10 Weeks Heather & Sue (No class Feb 17)	Virtual – Building Resiliency – A Jan 7 – Feb 11 6 Weeks Heather & Sue	Virtual – CHIME – A Jan 8 – Feb 12 6 Weeks Heather & Sue	Virtual – Understanding Burnout – A Jan 9 – Feb 13 6 Weeks Heather & Sue	Virtual – Managing Anger – A Jan 10 – Feb 14 6 Weeks Heather & Sue
10:30am-11:45am				Virtual – My Stories, My Voice – A Jan 9 – Feb 13 6 Weeks Lori & Sue	
	In-Person – Overcoming Challenges – A Jan 6 – Feb 10 6 Weeks Keith & Chandra	In-Person – Coping with Anxiety and Panic – A Jan 7 – Feb 11 6 Weeks Keith & Chandra	In-Person – Coping with Depression – A Jan 8 – Feb 12 6 Weeks Keith & Chandra	In-Person – Communication & Conflict – A Jan 9 – Feb 13 6 Weeks Keith & Chandra	In-Person – Building – Better Boundaries – A Jan 10 – Feb 14 6 Weeks Keith & Chandra
	Virtual – Poetry – A Jan 6 – Feb 10 6 Weeks Julie & Krishna		In-Person – CPR-C – A February 19 9:00 am – 3:00 pm 1 class Jenine Wilson	Virtual – Progressive Low Impact Exercise – A & B Jan 9 – Mar 27 11 Weeks Julie (No class Feb 20)	Virtual – Learning to Live a Healthy Balanced Lifestyle – A & B Jan 10 – Feb 28 8 Weeks Julie & Joanna
1:00 pm-2:15pm	In-Person – Learning About Mindfulness – A & B Jan 6 – March 17 10 Weeks Heather & Sue (No class Feb 17)	In-Person – Building Resiliency – A Jan 7 – Feb 11 6 Weeks Heather & Sue	In-Person – CHIME – A Jan 8 – Feb 12 6 Weeks Heather & Sue	In-Person – Understanding Burnout – A Jan 9 – Feb 13 6 Weeks Heather & Sue	In-Person – Managing Anger – A Jan 10 – Feb 14 6 Weeks Heather & Sue
	Virtual – Overcoming Challenges – A Jan 6 – Feb 10 6 Weeks Keith & Chandra	Virtual – Self-Esteem Boost for Woman. Pathways to Wellness and Self-Care – A Jan 7 – Feb 11 6 Weeks Colleen & Chandra	Virtual – Communication and Conflict – A Jan 8 – Feb 12 6 Weeks Keith & Chandra	Virtual – Self-Esteem – A Jan 9 – Feb 13 6 Weeks Keith & Chandra	Virtual – Building Better Boundaries – A Jan 10 – Feb 14 6 Weeks Keith & Chandra
	In-Person – Art of Craft – A Jan 6 – Feb 10 6 Weeks Julie & Robin	In-Person – Art Journaling – A Jan 7 – Feb 11 6 Weeks Julie		In-Person – Music for Self-Care – A Jan 9 – Feb 13 6 Weeks Kaitlyn & Clark	Virtual – Yoga – A & B Jan 10 – Mar 28 11 Weeks Julie (No class Feb 21)


 Virtual


 In-person at Ontario Shores

 On location in the community


1:00 pm- 2:15 pm		Virtual – ADHD and Me – A DMHS collaboration Jan 7 – Feb 25 8 Weeks Keith		In-Person – Introduction to Mindfulness Practice – A @ the Clarington Public Library Jan 9 – Feb 13 6 Weeks Nicole & Robin	
3:00 pm- 4:15 pm	Virtual – No Pressure Book Club – A Jan 6 – Feb 10 6 Weeks Julie	In-Person – Yoga – A & B Jan 7 – Mar 25 11 Weeks Julie (No class Feb 18)	In-Person – Off the Wall Miniatures with Deb – A & B Jan 8 – Mar 26 12 Weeks Nicole & Deb	Virtual – Discovering Watercolour Painting – A Jan 9 – Feb 13 6 Weeks Julie & Ashley	
5:15 pm – 6:30 pm			Virtual – ZIA (Zentangle® Inspired Art) – A Jan 8 – Feb 12 6 Weeks Julie		

 Virtual

 In-person at Ontario Shores

 On location in the community

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.



Recovery College Winter 2025 Schedule

Session B: February 24 – April 4

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Virtual – Learning About Mindfulness – A & B Jan 6 – Mar 17 10 Weeks Heather & Sue (No class Feb 17)	Virtual – Exploring Radical Acceptance – B Feb 18 – Mar 25 6 Weeks Heather & Sue	Virtual – Exploring Non-Attachment – B Feb 19 – Mar 26 6 Weeks Heather & Sue	Virtual – Building Self-Worth – B Feb 20 – Mar 27 6 Weeks Heather & Sue	Virtual – Glimmers, Spoon, Fork, Knife Theory – B Feb 21 – Mar 28 6 Weeks Heather & Sue
10:30am-11:45am	In-Person – Self-Care 101 – B Feb 24 – Mar 31 6 Weeks Keith & Chandra	In-Person – Pursing Aspirations and Dreams – B Feb 25 – Apr 1 6 Weeks Keith & Chandra	In-Person – Advocacy – B Feb 26 – Apr 2 6 Weeks Keith & Chandra	In-Person – Self-Esteem – B Feb 27 – Apr 3 6 Weeks Keith & Chandra	In-Person – Maintaining Momentum – B Feb 28 – Apr 4 6 Weeks Keith & Chandra
	Virtual – Poetry – B Feb 24 – Mar 24 5 Weeks Julie & Krishna	In-Person – Cultivating Happiness and Joy @ the Ajax Public Library – B Feb 25 – Apr 1 6 Weeks Nicole		Virtual – My Stories, My Voice – B Feb 20 – Mar 27 6 Weeks Lori & Sue	Virtual – Learning to Live a Healthy Balanced Lifestyle – A & B Jan 10 – Feb 28 8 Weeks Julie & Joanna
				Virtual – Progressive Low Impact Exercise – A & B Jan 9 – Mar 27 11 Weeks Julie (No class Feb 20)	
1:00-2:15pm	Virtual – Coping with Anxiety and Panic – B Feb 24 – Mar 31 6 Weeks Keith & Chandra		Virtual – Course Facilitation Skills Training – B Feb 26 – Apr 2 6 Weeks Keith & Chandra	Virtual – Conquering Loneliness – B Feb 27 – Apr 3 6 Weeks Keith & Chandra	Virtual – Maintaining Momentum – B Feb 28 – Apr 4 6 Weeks Keith & Chandra
	In-Person – Learning About Mindfulness – A & B Jan 6 – Mar 17 10 Weeks Heather & Sue (No class Feb 17)	In-Person – Exploring Radical Acceptance – B Feb 18 – Mar 25 6 Weeks Heather & Sue	In-Person – Exploring Non-Attachment – B Feb 19 – Mar 26 6 Weeks Heather & Sue	In-Person – Building Self Worth – B Feb 20 – Mar 27 6 Weeks Heather & Sue	In-Person – Glimmers, Spoon, Fork, Knife Theory – B Feb 21 – Mar 28 6 Weeks Heather & Sue
	In-Person – Art of Craft – B Feb 24 – Mar 24 5 Weeks Julie & Robin	In-Person – Art Journaling – B Feb 25 – Mar 25 5 Weeks Julie	Virtual – NeuroNurture: Empowering Caregivers for Better Brain Health – B Feb 26 – Apr 2 6 weeks	In-Person – Music for Self-Care – B Feb 27 – Apr 3 6 Weeks Kaitlyn & Clark	Virtual – Yoga – A & B Jan 10 – Mar 28 11 Weeks Julie (No class Feb 21)


Virtual


In-person at Ontario Shores

On location in the community 13

			Nicole, Tracey, Mary & Loretta		
3:00 pm – 4:15 pm	Virtual – No Pressure Book Club – B Feb 24 – Mar 24 5 Weeks Julie	In-Person – Yoga – A & B Jan 7 – Mar 25 11 Weeks Julie (No class Feb 18)	In-Person – Off the Wall Miniatures with Deb – A & B Jan 8 – Mar 26 12 Weeks Nicole & Deb	Virtual – Discovering Watercolour Painting – B Feb 27 – Mar 27 5 Weeks Julie & Ashley	
5:15 pm – 6:30 pm			Virtual – ZIA (Zentangle® Inspired Art) – B Feb 26 – Mar 26 5 Weeks Julie		

 Virtual

 In-person at Ontario Shores

 On location in the community

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.

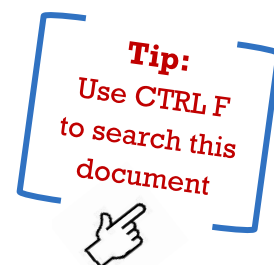


Recovery College Winter 2025 Semester

January 6, 2025 – April 4, 2025

(No classes Family Day – Monday, February 17)

Session A: January 6 – February 14 | **Session B:** February 24 – April 4



Course Name	Course Description
<p>ADHD & Me (Session A: 8 Weeks)</p> <p>Tuesdays January 7 – February 25 1:00 pm – 2:15 pm (virtual)</p> <p><i>In collaboration with Durham Mental Health Services</i></p>	<p>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 affect it can have on our lives and our relationships, as well as sharing some strategies as to how we manage it.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What is ADHD • Factors that shape and influence symptoms • Learning and understanding the diagnosis • Strategies to help manage daily life <p>Facilitator(s): Keith & DMHS</p>
<p>Advocacy (Session B: 6 Weeks)</p> <p>Wednesdays February 26 – April 2 10:30 am – 11:45 am (in-person)</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 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:</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</p>
<p>Art Journaling</p> <p>Tuesdays January 7 – February 11 (Session A: 6 Weeks) 1:00 pm – 2:15 pm (in-person)</p> <p><u>or</u></p>	<p>What will we do? The purpose of this program is to provide a non-judgmental environment that encourages participants to reflect on the positive qualities in their lives. This will be achieved through a loosely guided application of weekly themes while allowing participants to express their own creativity and participating in group discussion. Participants will be provided with a list of suggested supplies to have on hand in order to facilitate creativity as</p>

<p>Tuesdays February 25 – March 25 (Session B: 5 Weeks) 1:00 pm – 2:15 pm (in-person)</p>	<p>well as on overall artistic concept to expand upon. Upon completion, participants are encouraged to continue their journaling journey.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To demonstrate an increased knowledge of art journaling strategies/techniques based upon weekly themes • The participant will engage in various artistic techniques while completing their journal pages <p>Facilitator(s): Julie</p>
<p>The Art of Craft</p> <p>Mondays January 6 – February 10 (Session A: 6 Weeks) 1:00 pm – 2:15 pm (in-person)</p> <p><u>or</u></p> <p>Mondays February 24 – March 24 (Session B: 5 Weeks) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? We craft for many reasons; to learn new ways to express ourselves, to give away pieces as gifts or just to have fun and relax. Within these Art of Craft weekly session, 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 process that that may need some additional time.</p> <p>The goal is to learn new or re-visit crafts in a judgement-free room that also brings us together to create and share the experience with other like-minded people. This group will emphasize the creative process of utilizing crafts to create beautiful art.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To demonstrate increased knowledge of a variety of crafting styles and techniques through weekly themed projects • To recognize that we all have the ability to be artistic creators • To develop our skills and confidence when create new art pieces <p>Facilitator(s): Robin & Julie</p>
<p>Building Better Boundaries (Session A: 6 Weeks)</p> <p>Fridays January 10 – February 14 10:30 am – 11:45 am (in-person)</p> <p><u>or</u></p> <p>1:00 pm – 2:15 pm (virtual)</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 we 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</p>
<p>Building Resiliency (Session A: 6 Weeks)</p> <p>Tuesdays January 7 – February 11</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>9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>1:00 pm – 2:15 pm (in-person)</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</p>
<p>Building Self Worth (Session B: 6 Weeks)</p> <p>Thursdays February 20 – March 27 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <ul style="list-style-type: none"> • We will uplift one another, celebrate our strengths, and learn practical strategies to cultivate a positive self-image • Together, we'll embark on a path toward greater self discovery and empowerment. All are well • We'll share experiences, engage in meaningful discussions, and participate in activities designed to foster self-acceptance and resilience <p>What will we learn?</p> <ul style="list-style-type: none"> • We will learn how to empower our self-worth • Learn how to enhance our sense of self-worth • We believe that everyone deserves to recognize their inherent value and embrace their unique qualities • You will learn how to build confidence, overcome negative self- talk <p>Facilitator(s): Sue & Heather</p>
<p>CHIME (Session A: 6 Weeks)</p> <p>Wednesdays January 8 – February 12 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>1:00 pm – 2:15 pm (in-person)</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 and 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</p>
<p>Communication & Conflict (Session A: 6 Weeks)</p> <p>Wednesdays January 8 – February 12 1:00 pm – 2:15 pm (virtual)</p> <p>or</p> <p>Thursdays January 9 – February 13 10:30 am – 11:45 am (in-person)</p>	<p>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 to learn strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • We will identify types of conflict and how this can impact our relationships • We will also learn skills to enhance our communication styles • We will teach each other new techniques by sharing what has worked for us <p>Facilitator(s): Keith & Chandra</p>

<p>Conquering Loneliness (Session B: 6 Weeks)</p> <p>Thursdays February 27 – April 3 1:00 pm – 2:15 pm (virtual)</p>	<p>What will we do? This program will explore the difference between being alone and feeling lonely. It will encourage peer discussion about the challenges of feeling disconnected from others and brainstorm ways to decrease feelings of loneliness and increase meaningful connections in our lives.</p> <p>What will 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.</p> <p>Facilitator(s): Keith & Chandra</p>
<p>Coping with Anxiety & Panic</p> <p>Tuesdays January 7 – February 11 (Session A: 6 Weeks) 10:30 am – 11:45 am (in-person)</p> <p>or</p> <p>Mondays February 24 – March 31 (Session B: 6 Weeks) 1:00 pm – 2:15 pm (virtual)</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 we 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</p>
<p>Coping with Depression (Session A: 6 Weeks)</p> <p>Wednesdays January 8 – February 12 10:30 am – 11:45 am (in-person)</p>	<p>What will we do? We've all been sad or had moments of a low mood at times in our lives, but what happens when we can't pull ourselves out of these prolonged funks? In this group we will increase our understanding and knowledge about depression and gain skills to help recognize and manage symptoms that can frequently occur. Collectively we'll identify and implement healthy coping mechanisms and explore a variety of treatments that help manage day-to-day symptoms.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Identify signs and symptoms of depression • The importance of a support system and developing a crisis plan • Exploring a variety of different treatment options and coping strategies • Examining personal triggers and enforcing boundaries • Discuss our experiences with stigma and how to normalize depression through effective conversations <p>Facilitator(s): Keith & Chandra</p>

<p>Course Facilitation Skills Training (CFST) (Session B: 6 Weeks)</p> <p>Wednesdays February 26 – April 2</p> <p>1:00 pm – 2:15 pm (virtual)</p>	<p>What will we do? This course will teach participants the skills they need to successfully develop and implement workshops in a supportive and non-judgmental environment. We will explore a variety of topics including adult learning principles, lesson planning, classroom management and group dynamics, as well as public speaking and presentation skills. Completion of this course is a prerequisite for facilitating a course within the Recovery College.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Gain presentation skills • Increase social confidence • Learn how to engage a group of individuals so that everyone participates • Learn how to prepare lesson plans and deliver them with success • Practice active listening skills • Develop leadership skills <p>Facilitator(s): Keith & Chandra</p>
<p>CPR-C (Session A: 1 Day)</p> <p>Wednesday February 19</p> <p>9:00 am – 3:00 pm (in-person)</p>	<p>What will we do? We will become certified in CPR-C. CPR-C (Adult, Child & Infant) covers all aspects of CPR skills and theory for adult, child and infants, including two-rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • CPR courses teach us about risk factors associated with heart disease and how to prevent them or reduce their effects • We develop a skill set of lifesaving techniques including Cardio Pulmonary Resuscitation and how to help choking individuals (including those who are non-breathing and pulseless) • All Lifesaving Society CPR training is consistent with standards established by the Heart and Stroke Foundation of Canada <p>Facilitator(s): Jenine Wilson</p>
<p>Cultivating Happiness & Joy (Session B: 6 Weeks)</p> <p>Tuesdays February 25 – April 1</p> <p>10:30 am – 11:45 am (community)</p> <p>This course will take place in-person at: Ajax Public Library Main Branch 55 Harwood Ave. S. Ajax, ON L1S 2H8</p>	<p>What will we do? We'll explore aspects of happiness, including reflections on our happiest moments, emotions that contribute to joy and practical ways to enhance well-being. We will engage in discussions, complete self-assessments, practice gratitude, explore hope, build positive relationships, and cultivate resilience through reflection. We'll also include activities such as creating a vision board, keeping a gratitude journal, and performing acts of kindness.</p> <p>What will we learn? We will learn how to define happiness, understand the role of positive emotions like joy, gratitude, love, and serenity in fostering well-being, and explore how curiosity, humor, hope, and resilience contribute to long-term happiness. We'll also discover methods to cultivate happiness, deepen relationships, and build resilience in the face of hardship.</p> <p>Facilitator(s): Nicole</p>

<p>Discovering Watercolour Painting</p> <p>Thursdays January 9 – February 13 (Session A: 6 Weeks) 3:00 pm – 4:15 pm (virtual)</p> <p>or</p> <p>Thursdays February 27 – March 27 (Session B: 5 Weeks) 3:00 pm – 4:15 pm (virtual)</p>	<p>What will we do?</p> <p>In this course you will learn, create and get to practice painting with water colour paint techniques. Weekly, you will have the opportunity to develop your water colour paint skills by completing a different piece each week as facilitated by Ashley. There will be an opportunity to share your completed piece if you wish. At the end of this course, you will have a beautiful collection of water colour pieces that you have created.</p> <p>What will we 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>Facilitator(s): Julie & Ashley</p> <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>Exploring Non-Attachment (Session B: 6 Weeks)</p> <p>Wednesdays February 19 – March 26 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>1:00 pm – 2:15 pm (in-person)</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 we 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</p>
<p>Exploring Radical Acceptance (Session B: 6 Weeks)</p> <p>Tuesdays February 18 – March 25 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>1:00 pm – 2:15 pm (in-person)</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 we 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 those emotions we can tend to cling to <p>Facilitator(s): Sue & Heather</p>

<p>Glimmers, Spoon, Fork, Knife Theory (Session B: 6 Weeks)</p> <p>Fridays February 21 – March 28 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <ul style="list-style-type: none"> • Explore emotional resilience and how it impacts our lives • Discover how glimmers can help to regulate your nervous system • Recognize how to use your five senses to notice glimmers • Nourish authentic connections with ourselves and others <p>What will we learn?</p> <ul style="list-style-type: none"> • The difference between glimmers and triggers • How to use glimmers to stay in the present • How to use glimmers to reduce your stress • How to use glimmers to connect with the world around you <p>Facilitator(s): Sue & Heather</p>
<p>Introduction to Mindfulness (Session A: 6 Weeks)</p> <p>Thursdays January 9 – February 13 1:00 pm – 2:15 pm (community)</p> <p>This course will take place in-person at: Clarington Library 163 Church Street Bowmanville, ON L1C 1T7</p>	<p>What will we do? This 6-week course offers an introduction to mindfulness, exploring its roots and contemporary applications. Designed for individuals who want to reduce stress, enhance well-being, and create lasting mindfulness practices, this course combines theory with extensive opportunities for practice. By the end of the course, participants will have the tools and knowledge to build their own mindfulness routines to ease distress and cultivate greater presence and calm in their daily lives.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The science of mindfulness • The techniques of mindfulness practices, including meditation, body scans, and mindful movement • How to integrate informal mindfulness practices such as mindful eating and walking, into daily life • How to create a personalized mindfulness plan by the end of the course to support long-term practice • How to access mindfulness resources <p>Facilitator(s): Nicole & Robin</p>
<p>Learning About Mindfulness (Session A & B: 10 Weeks)</p> <p>Mondays January 6 – March 17 9:00 am – 10:15 am (virtual)</p> <p>or</p> <p>1:00 pm – 2:15 pm (in-person)</p> <p>No Class February 17</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 we learn?</p> <ul style="list-style-type: none"> • The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn • To stay in the present in order to foster a positive and comfortable emotional state <p>Facilitator(s): Sue & Heather</p>

<p>Learning to Live a Healthy, Balanced Lifestyle (Session A & B: 8 Weeks)</p> <p>Fridays January 10 – February 28 10:30 am – 11:45 am (virtual)</p>	<p>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 to be worked on throughout the duration of this program. It has been proven that maintaining a healthy lifestyle decreases the risk of chronic diseases, while increasing personal well-being. Studies also demonstrate that participants succeed more frequently when support systems are accessible to them. In this case, the support system includes the peer group and the support of the Registered Dietitian and Recreation Therapist/Personal Trainer who facilitate this group.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • 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 their self-identified health goals <p>Facilitator(s): Julie & Joanna</p>
<p>Maintaining Momentum (Session B: 6 Weeks)</p> <p>Fridays February 28 – April 4 10:30 am – 11:45 am (in-person)</p> <p><u>or</u></p> <p>1:00 pm – 2:15 pm (virtual)</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 we 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>Facilitator(s): Keith & Chandra</p>
<p>Managing Anger (Session A: 6 Weeks)</p> <p>Fridays January 10 – February 14 9:00 am – 10:15 am (virtual)</p> <p><u>or</u></p> <p>1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? In this course we will explore the emotion of anger and how it impacts us within our relationships with 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 we 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</p>

<p>Music for Self-Care</p> <p>Thursdays January 9 – February 13 (Session A: 6 Weeks) 1:00 pm – 2:15 pm (in-person)</p> <p>or</p> <p>Thursdays February 27 – April 3 (Session B: 6 Weeks) 1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do?</p> <p>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 we 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 self-expression and how to channel this through instrument playing and/or singing • How to create your own music for self-care routine/plan for everyday use <p>Facilitator(s): Kaitlyn & Clark</p>
<p>My Stories, My Voice</p> <p>Thursdays January 9 – February 13 (Session A: 6 Weeks) 10:30 am – 11:45 am (virtual)</p> <p>or</p> <p>Thursdays February 20 – March 27 (Session B: 6 Weeks) 10:30 am – 11:45 am (virtual)</p>	<p>What will we do?</p> <p>Sharing your experiences can be a meaningful way to change your story from one of illness to one of strength and wellness. In this course, you will learn how to use your own personal and unique lived experience to craft your own story. You will work towards feeling comfortable and confident with sharing your work in progress in front of a group of peers while accepting gentle feedback in order to make your story the best it can be.</p> <p>What will we 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</p>
<p>NeuroNurture: Empowering Caregivers for Better Brain Health</p> <p>(Session B: 6 Weeks)</p> <p>Wednesdays February 26 – April 2 1:00 pm – 2:15 pm (virtual)</p>	<p>What will we do?</p> <p>This 6-week course on Brain Health and Wellness is designed to empower individuals (family caregivers and staff) with the knowledge, skills, and strategies to support and maintain brain health. We will explore key factors that influence brain function, memory, and emotional regulation. The course will integrate practical exercises, mindfulness, nutrition, and self-care techniques that promote mental well-being and cognitive vitality. Participants will gain a better understanding of the brain and mental health, and learn about different tools they may apply in their everyday life to support long-term brain health.</p>

	<p>What will we learn?</p> <ul style="list-style-type: none"> • The fundamentals of brain structure and function, and strategies to enhance cognitive function and memory • Relationship between lifestyle factors (e.g., diet, sleep, exercise) and brain health • Mindfulness and relaxation techniques to support mental clarity and emotional regulation • Resilience and coping skills for managing stress and mental health challenges <p>Facilitator(s): Nicole, Tracey, Mary & Loretta</p>
<p>No Pressure Book Club</p> <p>Mondays January 6 – February 10 (Session A: 6 Weeks) 3:00 pm – 4:15 pm (virtual)</p> <p>or</p> <p>Mondays February 24 – March 24 (Session B: 5 Weeks) 3:00 pm – 4:15 pm (virtual)</p>	<p>What will we do? Have you ever wanted to join a book club? And then disliked the books that they wanted you to read? Or maybe they were too long? This is a program request from some readers who wanted a place to share books or magazine articles that they had read previously or are currently reading. If you are inspired and decide you want to bring a book or magazine article forward...this is the class for you. Not only will we learn about new authors and subjects, we will share conversations with like-minded people without having to leave home to do it!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To call to mind our love of reading and learning; to make it important and less able to be put aside and forgotten about • To increase the amount that we are reading – although it could be a podcast or audio book, magazine article or a book • To develop our confidence when speaking in a group and sharing information <p>Facilitator(s): Julie</p>
<p>Off the Wall Miniatures Painting with Deb (Session A & B: 12 Weeks)</p> <p>Wednesdays January 8 – March 26 3:00 pm – 4:15 pm (in-person)</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. We will use the first part of the course to paint our miniatures and the second part of the course we will play Warhammer 40k.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • How to choose a colour scheme • How to properly thin and apply acrylic paint • How to use a wet palette • How to layer paint • How to drybrush paint • How and when to use shades • How to base the model • How to design terrain • How to play Warhammer 40k <p>Facilitator(s): Debbie & Nicole</p>

<p>Overcoming Challenges (Session A: 6 Weeks)</p> <p>Mondays January 6 – February 10 10:30 am – 11:45 am (in-person)</p> <p>or</p> <p>1:00 pm – 2:15 pm (virtual)</p>	<p>What will we do? How do we overcome the challenges we face? How do we continue to find hope when life seems unfair? Each one of us has faced challenges in life and we will all continue to experience challenges throughout our lives. This course will help us to understand that life challenges are inevitable and for the most part out of our control. We will explore a variety of ways to overcome, or at least accept, the challenges we face while maintaining our well-being.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The inevitability of facing life challenges • Strategies for accepting your life exactly as it is • Learning to let go of things beyond our control • How to deal with difficult people • Handling difficult questions pertaining to our mental health • Strategies for dealing with bullying and eliminating • How to advocate for yourself <p>Facilitator(s): Keith & Chandra</p>
<p>Poetry</p> <p>Mondays January 6 – February 10 (Session A: 6 Weeks) 10:30 am – 11:45 am (virtual)</p> <p>or</p> <p>Mondays February 24 – March 24 (Session B: 5 Weeks) 10:30 am – 11:45 am (virtual)</p>	<p>What will we do? We will be exploring poetry through various styles including: Clogyrnach, Dodoitsu, Droigneach, Erasure, Gogyohka and Hir a Thoddaid.</p> <p><i>*Please don't let these new types of poems intimidate you; the styles were picked because they are short and sweet!</i></p> <p>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 your writing time begins with Krishna being available for assistance if you might need it. We invite you to share what you have written with the group, though sharing is never required. Krishna and Julie are looking forward to creating poetry with you!</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To learn about new styles of poetry and in this course, 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 <p>Facilitator(s): Krishna & Julie</p>
<p>Progressive Low Impact Exercise (Session A & B: 11 Weeks)</p> <p>Thursdays January 9 – March 27 10:30 am – 11:45 am (virtual)</p>	<p>What will we do? We will combine discussion, demonstration and instruction to ensure physically activity while challenging our level of fitness. Each week we complete a 60 to 75-minute exercise; working at our own individual ability. You will be reminded to listen to your body, do what you can and take breaks when needed. There is no judgement by anyone in the class.</p> <p>This program combines yoga, muscle strengthening using light weights, balance work as well as core and cardio exercises. For each class, please use a non-wheeled chair along with water and a type of resistance</p>

	<p>equipment such as light hand weights, resistance bands or food cans/full water bottles.</p> <p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Learning new exercise options that do not involve going to the gym and that are safe to do • Developing a new exercise routine that can be done at home with minimal equipment • Confidently become more physically active <p>Facilitator(s): Julie</p>
<p>Pursuing Dreams & Aspirations (Session B: 6 Weeks)</p> <p>Tuesdays February 25 – April 1 10:30 am – 11:45 am (in-person)</p>	<p>What will we do? Sometimes we get stuck when it feels like we've been derailed in life and are unable to move forward. This course helps shift our focus towards utilizing skills to help achieve goals, dreams and aspirations in spite of mental health challenges that we may face.</p> <p>What will we 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>Facilitator(s): Keith & Chandra</p>
<p>Self-Care 101 (Session B: 6 Weeks)</p> <p>Mondays February 24 – March 31 10:30 am – 11:45 am (in-person)</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 we 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</p>
<p>Self-Esteem</p> <p>Thursdays January 9 – February 13 (Session A: 6 Weeks) 1:00 pm – 2:15 pm (virtual)</p> <p>or</p> <p>Mondays February 27 – April 3 (Session B: 6 Weeks) 10:30 am – 11:45 am (in-person)</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 we learn?</p> <ul style="list-style-type: none"> • What is self-esteem and ways to build it • Factors that shape and influence self-esteem • How to communicate assertively • Ways to set healthy boundaries, etc. <p>Facilitator(s): Keith & Chandra</p>

<p>Self-Esteem Boost for Women: Pathways to Wellness & Self-Care (Session A: 6 Weeks)</p> <p>Tuesdays January 7 – February 11 1:00 pm – 2:15 pm (virtual)</p>	<p>What will we do? Explore the transformative journey of enhancing self-esteem and nurturing wellness in the "Self-Esteem Boost: Pathways to Wellness and Self-Care" course. Designed for individuals seeking to cultivate a deeper understanding of themselves and their needs, this course blends practical strategies with personal insights to foster personal growth and resilience.</p> <p>Throughout this course, participants will embark on a guided exploration of key themes including self-awareness, self-compassion, and effective self-care practices. By exploring these areas, students will learn how to recognize and challenge negative self-perceptions, develop healthier thought patterns, and cultivate a positive self-image.</p> <p>Join us on a transformative journey toward self-discovery and empowerment. Embrace the power of self-esteem, unlock pathways to wellness, and elevate your self-care practices in a course designed to inspire lasting personal transformation.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • Develop a deeper understanding of self-esteem and its impact on overall well-being • Explore practical strategies for enhancing self-awareness and self-compassion • Learn effective techniques for nurturing mental, emotional, and physical wellness <p>Facilitator(s): Chandra & Colleen</p>
<p>Understanding Burnout (Session A: 6 Weeks)</p> <p>Thursdays January 9 – February 13 9:00 am – 10:15 am (virtual)</p> <p><u>or</u></p> <p>1:00 pm – 2:15 pm (in-person)</p>	<p>What will we do? Are you feeling overwhelmed and burnt out? The prolonged stress of burnout can leave us feeling physically and mentally exhausted and drained. In this course we will look at identifying the signs and symptoms of burnout and how to utilize different coping strategies to get your wellness to a place where you want it to be. In this space we will have the opportunity to learn from each other and share strategies and experiences.</p> <p>What will we learn? In this course we hope to learn to recognize when we are experiencing burnout and learn strategies to help us get through it.</p> <p>Facilitator(s): Sue & Heather</p>
<p>Yoga (Session A & B: 11 Weeks)</p> <p>Tuesdays January 7 – March 25 (No Class February 17) 3:00 pm – 4:15 pm (in-person)</p> <p><u>or</u></p> <p>Fridays January 10 – March 28</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>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.</p>

<p>(No Class February 21) 1:00 pm – 2:15 pm (virtual)</p>	<p>What will we learn?</p> <ul style="list-style-type: none"> • Becoming more aware of the mind and body connection in relation to stress and ways to release it • Maintaining 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 <p>Facilitator(s): Julie</p>
<p>ZIA (Zentangle Inspired Art)</p> <p>Wednesdays January 8 – February 12 (Session A: 6 Weeks) 5:15 pm – 6:30 pm (virtual)</p> <p><u>or</u></p> <p>Wednesdays February 26 – March 26 (Session B: 5 Weeks) 5:15 pm – 6:30 pm (virtual)</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 that can be quite focusing which can lead you to enter flow. It originally focused on using small square and creating abstract designs.</p> <p>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.</p> <p>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. Julie will send a suggested supply list out prior to the start of each session.</p> <p>Facilitator(s): Julie</p>





Ontario Shores
Centre for Mental Health Sciences

Discovery. Recovery. Hope.