Ontario Shores
Centre for Mental Health Sciences

Discovery. Recovery. Hope.

Recovery College

Course Guide • Winter 2026

Contact:
905-430-4055 x 6990
RecoveryCollege@ontarioshores.ca

ontarioshores.ca

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[Click (or CTRL + click) on a course to be taken to the description]

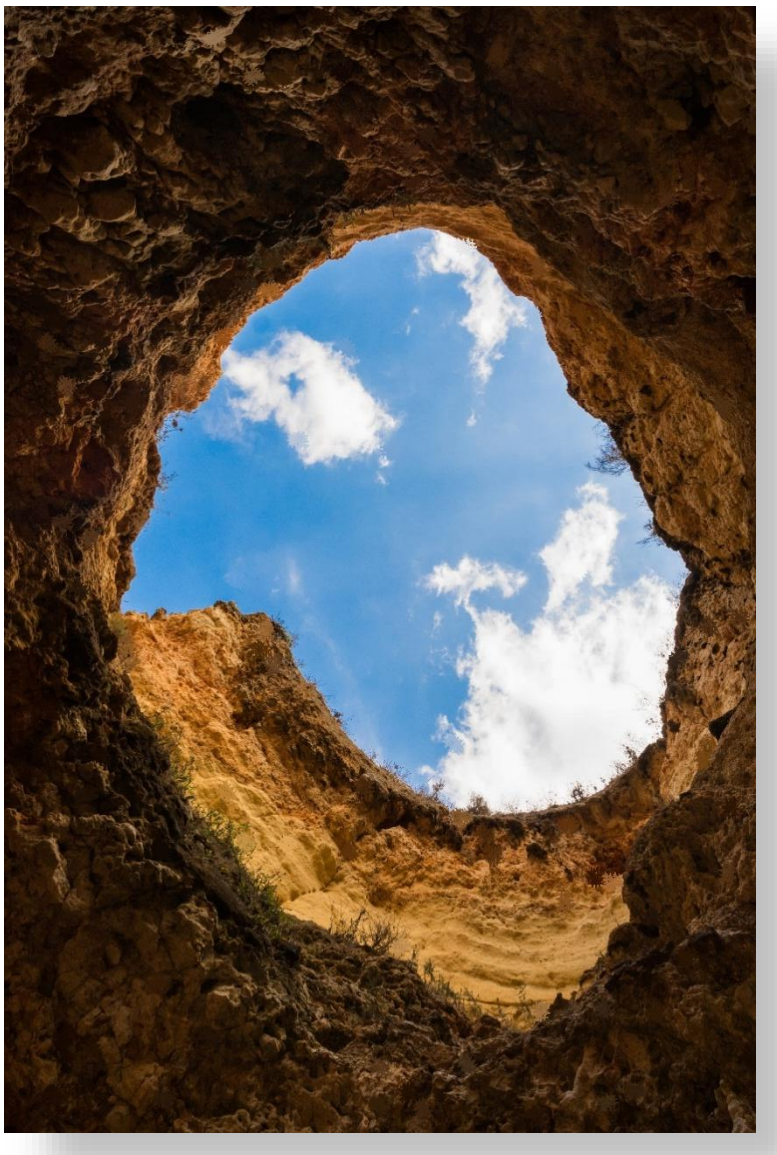
[Click (or CTRL + click) on a course to be taken to the description]

Autobiography in Five Short Chapters

By Portia Nelson

Chapter I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost… I am hopeless.
It isn't my fault.
It takes forever to find a way out.



Chapter II

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter III

I walk down the same street.
There is a deep hole in the sidewalk.
I see it there.
I still fall in… it's a habit… but,
my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter V

I walk down another street.

What is Recovery?

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

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

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

The Recovery College at Ontario Shores

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

Post-Secondary Recovery College

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

If you are interested in learning more about our Post-Secondary Recovery College please contact one of our Post-Secondary Peer Support Specialists:
Brooklyn Bastarache, **(905) 430-4055 x 6979** or **bastaracheb@ontarioshores.ca**
Hailey Cornacchia, **(905) 430-4055 x 6868** or **cornacchiah@ontarioshores.ca**

Courses within the Recovery College

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

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

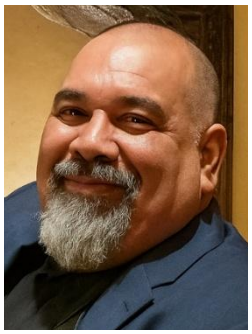
Peer Tutors

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

Meet Our Peer Tutors

Bri

Claire



Clark

Colleen

Galen

Krishna

Lori

Peter

Robin

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

Recovery College Leader:
Allison Stevens x 6435

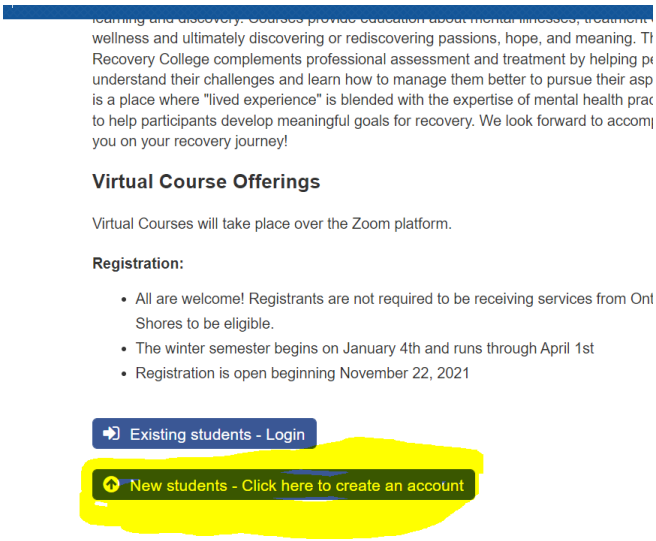
Peer Support Department:
Chandra Amodeo x 6791
Brooklyn Bastarache x 6979
Tanya Conlin x 6927
Hailey Cornacchia x 6868
Sue Hie x 6378
Leah Johnston x 6895
Justine Khashmanian x 6674
Nicole Meens Miller x 6307
Stacie Mistysyn x 6654
Heather Morhorn x 6550
Julie Murray x 6444
Keith Wilen x 6961

Registration Process

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

New Student Registration

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



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

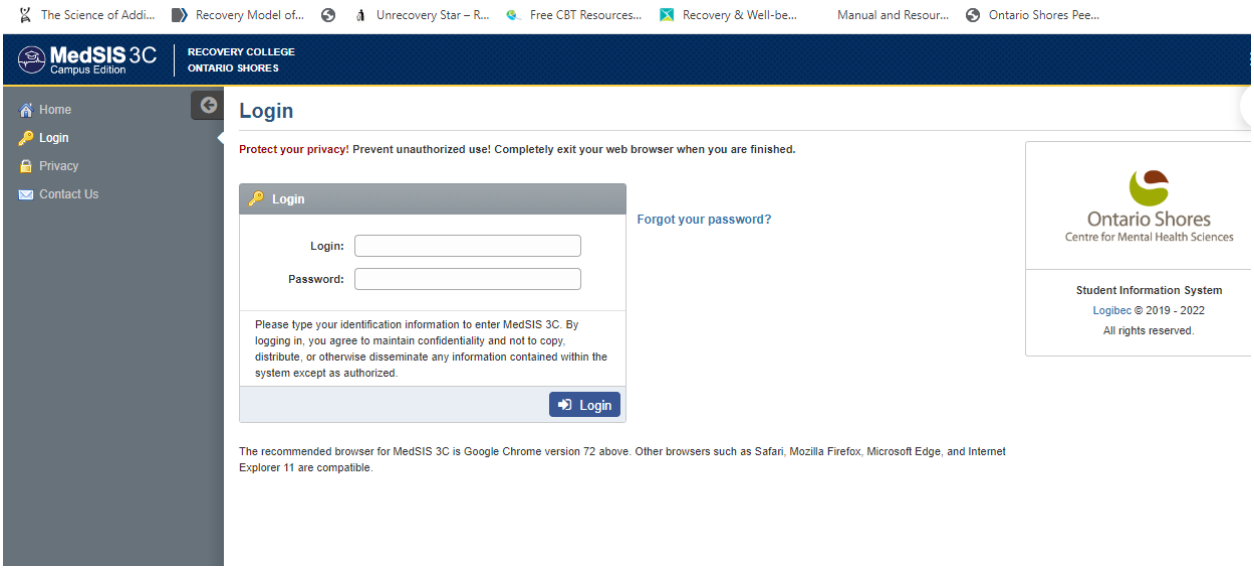
9. You will now see:

10. Click on > details
11. Complete Registration Form & Membership Agreement

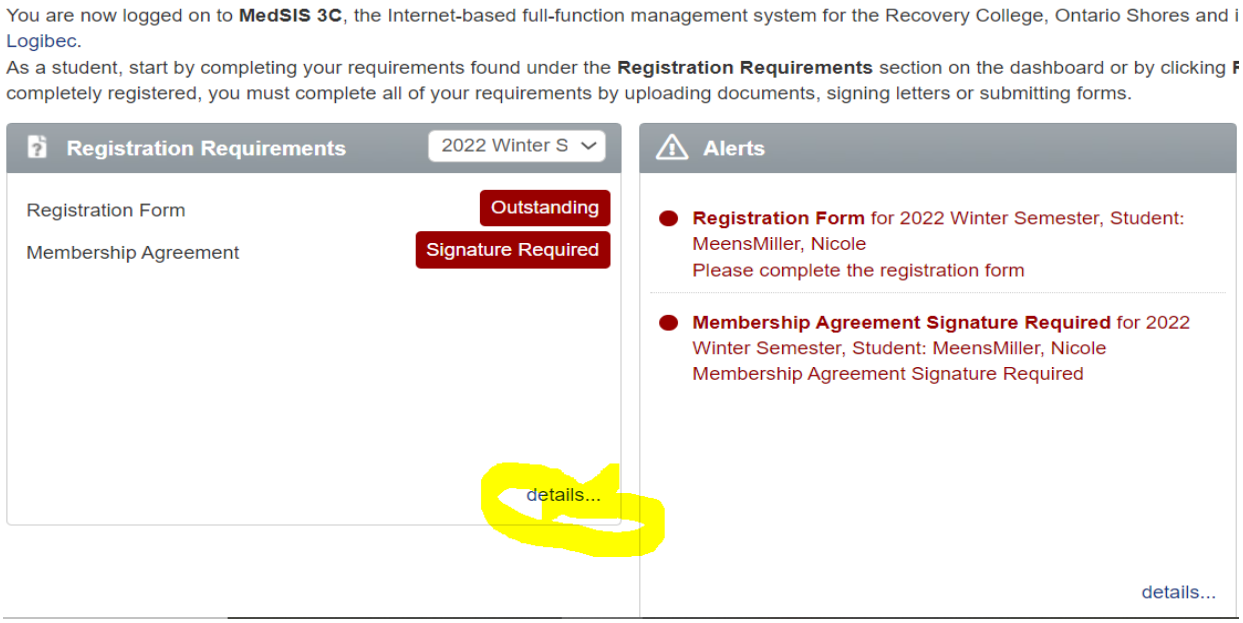
12. Complete Individualized Learning Plan if you wish or just submit blank document
13. Course Selection Form will now release – you can choose up to 6 courses and 4 additional waitlisted courses

Returning Student Registration

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

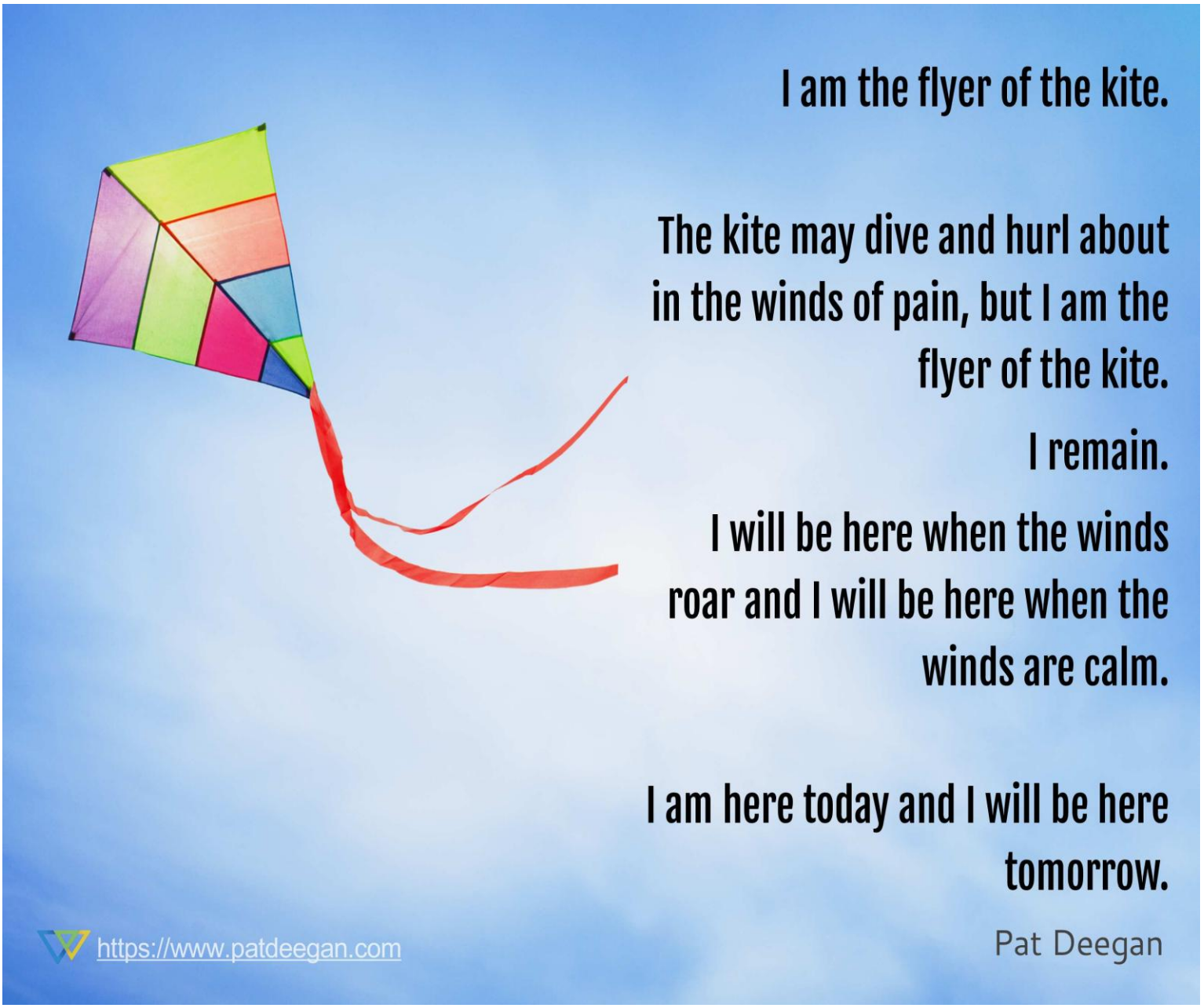


3. Please select “Forgot your password?” if you have forgotten your password
4. Go to your email inbox and locate the password reset email
5. Follow the instructions in your email to reset your password
6. Log into your account



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

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



NAVIGATING RECOVERY COLLEGE TECHNOLOGY

DROP-IN SUPPORT SESSIONS

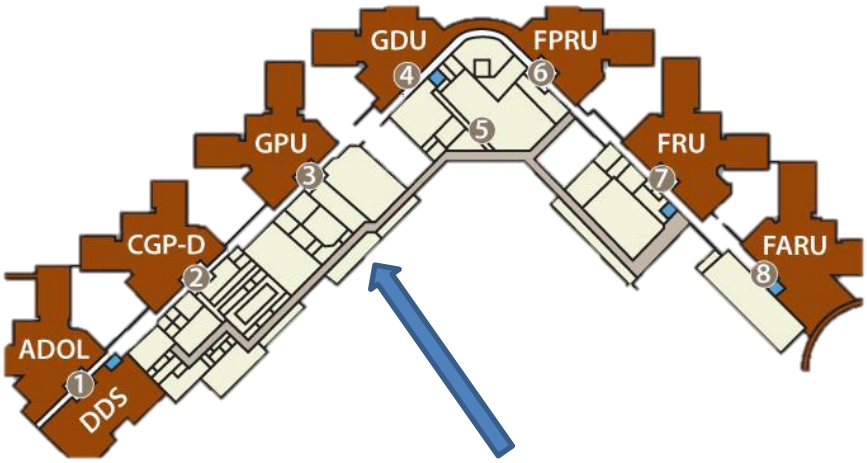
TUESDAY, FEBRUARY 17, 2026
THURSDAY, FEBRUARY 19, 2026
1:00PM-3:00PM
RECOVERY COLLEGE CLASSROOM 1

- Learn how to create an account and register online
- Learn how to navigate your student profile
- Learn how to access your virtual class links
- Our team will be available to answer any questions

recoverycollege@ontarioshores.ca

905-430-4055 ext. 6990

Directions For In-Person Programming at Ontario Shores



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

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

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

Step 3. Go through the grey double doors on your left and follow the hallway down to the end and turn right until you get to the group rooms. Signage will be on the doors indicating where to go.

Recovery College Winter 2026 Schedule

Session A: January 5 – February 13

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 10:15 am	**Virtual – Learning About Mindfulness – A&B** January 5 – March 16 (No Class February 16) 10 Classes Sue & Heather	**Virtual – Exploring Non-Attachment – A** January 6 – February 10 6 classes Sue & Heather	**Virtual – Exploring Radical Acceptance – A** January 7 – February 11 6 classes Sue & Heather	**Virtual – Managing Anger – A** January 8 – February 12 6 classes Sue & Heather	**Virtual – Exploring Unhealthy Thought Patterns – A** January 9 – February 13 6 classes Sue, Heather & Ana
10:30 am - 11:45 am	**In-Person – Overcoming Challenges – A** January 5 – February 9 6 classes Keith & Chandra	**In-Person – Identifying Unhealthy Relationships – A** January 6 – February 10 6 classes Keith & Chandra	**In-Person – Attitude of Gratitude – A** January 7 – February 11 6 classes Chandra & Robin	**In-Person – Coping with Anxiety and Panic – A** January 8 – February 12 6 classes Keith & Chandra	**In-Person – Maintaining Momentum – A** January 9 – February 13 6 classes Keith & Chandra
	Virtual – Poetry Writing – A January 5 – February 9 6 classes Julie & Krishna	**In-Person – Pathways to Work - Exploring Your Next Steps Toward Employment – A** January 20 or February 17 1 class Katie & Falguni **10:30am – 12:30pm**	**In-Person – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – A** January 7 – February 11 6 classes Stacie & Keith	**In-Person – My Stories, My Voice – A** January 8 – February 12 6 classes Sue & Lori	**In-Person – Exploring Unhealthy Thought Patterns – A** January 9 – February 13 6 classes Sue, Heather & Ana
		In-Person – Your Personal Recovery Journey – A January 6 – February 10 6 classes Nicole, Leah & Greg		**Virtual – Your Personal Recovery Journey – A** January 8 – February 12 6 classes Nicole, Leah & Greg	**In-Person – CPR-C – A** January 23 **9:00am – 3:00pm** 1 class Jenine & Heather
				Virtual – Progressive Low Impact Exercise – A&B January 8 – April 2 (No class February 19) 12 classes Julie	
1:00 pm - 2:15 pm	**Virtual – Course Facilitation Skills Training – A** January 5 – February 9 6 classes Keith & Chandra	**Virtual – Understanding and Exploring Vices – A DMHS Collaboration** January 6 – February 10 6 classes Keith & Stacie	**Virtual – Self-Esteem Boost for Women: Pathways to Wellness and Self-Care – A** January 7 – February 11 6 classes Chandra & Colleen	**Virtual – The Mirror & The Plate: Exploring Our Relationship with Body Image & Food – A** January 8 – February 12 6 classes Stacie & Heather	**Virtual – Building Better Boundaries – A** January 9 – February 13 6 classes Keith & Chandra
	In-Person – Art Journaling – A January 5 – February 9 6 classes Julie & Justine	**In-Person – Exploring Non-Attachment – A** January 6 – February 10 6 Classes Sue & Heather	**In-Person – Safe and Sound: Medication Education with Pharmacy – A** January 7 – February 11 6 classes Pharmacy & Heather	**In-Person – WRAP – A&B** January 8 – March 5 (No class February 19) 8 classes Tanya & Peter ***1:00pm – 2:30pm***	**In-Person – A Taste of Tai Chi – A (Central Gymnasium)** January 16 – February 13 5 classes Elaine & Ana
	Virtual – Thriving Together: Community Wellness Peer Support Group – A January 5 – February 9 6 classes Nicole & Leah	**In-Person – Dynamics of Discharge – A** January 6 – February 10 6 Classes Nicole & Leah	**In-Person – Understanding Core Beliefs – A** @ Ajax Public Library January 7 – February 11 (No class January 21) 5 classes Sue & Stacie	**Virtual – Empowering Caregivers: Navigating Compassion, Advocacy & Well-being – A** January 8 – February 12 6 classes Chandra & Nicole	**Virtual – Find Your Zen for the Weekend Yoga – A&B** January 9 – March 27 (No class February 20) 11 classes Julie

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

[Click (or CTRL + click) on a course to be taken to the description]

Recovery College Winter 2026 Schedule

Session A: January 5 – February 13

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm - 2:15 pm	**In-Person – Learning About Mindfulness – A&B** January 5 – March 16 (No Class February 16) 10 Classes Sue & Heather		**In-Person – Thriving Together: Community Wellness Peer Support Group – A** January 7 – February 11 6 classes Nicole & Leah	**In-Person – Stitch and B*tch – A (Multifaith Room)** January 8 – February 12 6 classes Leah & Denise	
			In-Person – The Art of Craft – A January 7 – February 11 6 classes Julie & Tanya		
3:00 pm - 4:15 pm		**In-Person – Learning Together: Exploring Indigenous Cultures – A&B** January 6 – March 31 (No Class February 17) 12 Classes Leah & Levi	**In-Person – Off the Wall Miniature Painting with Deb – A&B** January 7 – April 1 (No class February 18) 12 classes Nicole & Deb	**In-Person – Singing 101 – A (Multifaith Room)** January 8 – February 12 6 classes Kaitlyn & Clark	**Virtual – Beyond the Brush Acrylic Painting – A** January 9 – February 13 6 classes Julie
		Virtual – Conquering Loneliness – A January 6 – February 10 6 classes Chandra & Sam	**Virtual – Surviving a Personal Crisis – A** January 7 – February 11 6 classes Keith & Claire	**Virtual – Discovering Watercolours – A** January 8 – February 12 6 classes Julie & Ashley	
5:15 pm - 6:30 pm			**Virtual – A Zest for Zentangle – A** January 7 – February 11 6 classes Julie		

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

Recovery College Winter 2026 Schedule

Session B: February 23 – April 2

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am - 10:15 am	**Virtual – Learning About Mindfulness – A&B** January 5 – March 16 (No Class February 16) 10 Classes Sue & Heather	**Virtual – Self-Discovery – B** February 24 – March 31 6 classes Stacie & Heather	**Virtual – Understanding Burnout – B** February 25 – April 1 6 classes Sue & Heather	**Virtual – Understanding Core Beliefs – B** February 26 – April 2 6 classes Sue & Heather	**Virtual – Many Faces of Ego – B** February 27 – March 27 5 classes Sue & Heather
		Virtual – Building Self Worth – B February 24 – March 31 6 classes Sue			
10:30 am - 11:45 am	**In-Person – Self-Esteem – B** February 23 – March 30 6 classes Keith & Chandra	**In-Person – Course Facilitation Skills Training – B** February 24 – March 31 6 classes Keith & Chandra	**In-Person – Building Better Boundaries – B** February 25 – April 1 6 classes Keith & Chandra	**In-Person – Coping with Depression – B** February 26 – April 2 6 classes Keith & Chandra	**In-Person – Communication and Conflict – B** February 27 – March 27 5 classes Keith & Chandra
	Virtual – Poetry Writing – B February 23 – March 30 6 classes Julie & Krishna	**Virtual – The Menopause Transition: Insights & Empowerment – B** February 24 – March 31 6 classes Stacie & Julie		**Virtual – Progressive Low Impact Exercise – A&B** January 8 – April 2 (No class February 19) 12 classes Julie	
	Virtual – Healthy Living: A 6-Week Journey Toward Lifelong Vitality – B February 23 – March 30 6 classes Nicole & Tracey	**Virtual – Your Personal Recovery Journey – B** February 24 – March 31 6 classes Nicole, Leah & Greg		**In-Person – Your Personal Recovery Journey – B** February 26 – April 2 6 classes Nicole, Leah & Greg	
				Virtual – My Stories, My Voice – B February 26 – April 2 6 classes Lori & Sue	
1:00 pm - 2:15 pm	**In-Person – Learning About Mindfulness – A&B** January 5 – March 16 (No Class February 16) 10 Classes Sue & Heather	**In-Person – Self-Discovery – B** February 24 – March 31 6 classes Heather & Bri	**In-Person – Recognizing Basic Goodness and Happiness Within – B** February 25 – April 1 6 classes Galen & Keith	**In-Person – WRAP – A&B** January 8 – March 5 (No class February 19) 8 classes Tanya & Peter *1:00pm – 2:30pm*	**In-Person – Reggae – B (Multifaith Room)** February 27 – March 27 5 classes Clark & Leah
	In-Person – Art Journaling – B February 23 – March 30 6 classes Julie & Justine	**In-Person – Dynamics of Discharge – B** February 24 – March 31 6 Classes Nicole & Leah	**In-Person – The Art of Craft – B** February 25 – April 1 6 classes Julie & Sue	**In-Person – Découpage: Decorating with Paper and Passion – B** March 12 – April 2 4 classes Keith & Stacie	**In-Person – Many Faces of Ego – B** February 27 – March 27 5 classes Sue & Heather

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

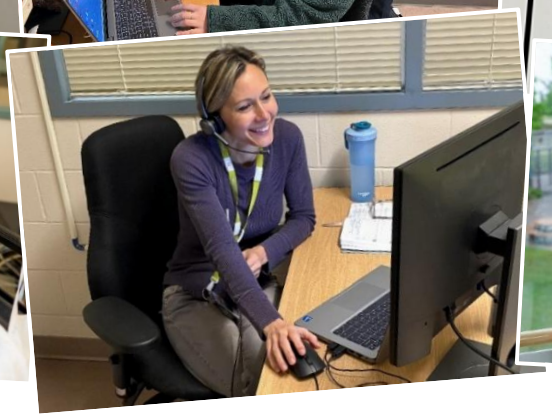
[Click (or CTRL + click) on a course to be taken to the description]

Recovery College Winter 2026 Schedule

Session B: February 23 – April 2

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm - 2:15 pm	**Virtual – Thriving Together: Community Wellness Peer Support Group – B** February 23 – March 30 6 classes Nicole & Leah	**Virtual – Exploring Radical Acceptance – B DMHS Collaboration** February 24 – March 31 6 classes Keith	**In-Person – Thriving Together: Community Wellness Peer Support Group – B** February 25 – April 1 6 classes Nicole & Leah	**Virtual – Get Ahead with What You've Got: Maximizing Your Financial Resources – B** February 26 – April 2 6 classes Nicole & Leah	**Virtual – Find Your Zen for the Weekend Yoga – A&B** January 9 – March 27 (No class February 20) 11 classes Julie
	Virtual – Self-Esteem – B February 23 – March 30 6 classes Keith & Chandra	**In-Person – Coping with Anxiety and Panic – B** @ Bowmanville Public Library February 24 – March 31 6 classes Chandra & Sue			**Virtual – Maintaining Momentum – B** February 27 – March 27 5 classes Keith & Chandra
3:00 pm - 4:15 pm		**In-Person – Learning Together: Exploring Indigenous Cultures – A&B** January 6 – March 31 (No Class February 17) 12 Classes Leah & Levi	**In-Person – Off the Wall Miniature Painting with Deb – A&B** January 7 – April 1 (No class February 18) 12 classes Nicole & Deb	**In-Person – Singing 101 – B (Multifaith Room)** February 26 – April 2 6 classes Kaitlyn & Clark	**Virtual – Beyond the Brush Acrylic Painting – B** February 27 – March 27 5 classes Julie
			In-Person – Understanding Burnout – B February 25 – April 1 6 classes Chandra & Heather	**Virtual – Discovering Watercolours – B** February 26 – April 2 6 classes Julie & Ashley	
5:15 pm - 6:30 pm			**Virtual – A Zest for Zentangle – B** February 25 – April 1 6 classes Julie		

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



Recovery College Winter 2026 Semester

January 5 – April 2, 2026

No classes: Monday, February 16 (Family Day) & Friday, April 3 (Good Friday)

Session A: January 5 – February 13 | **Session B:** February 23 – April 2

Tip: Use CTRL F to search this document

Course Name	Course Description
Art of Craft **Wednesdays** **January 7 – February 11** (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person) or **Wednesdays** **February 25 – April 1** (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** We craft for multiple reasons; to learn new ways to express ourselves, to give away pieces as gifts or just to have fun and relax. During class we will further explore crafts using a variety of techniques and materials. The goal is to learn new or re-visit crafts in a judgement-free room that also brings us together to create and share the experience with other like-minded people. This group will emphasize the creative process of utilizing crafts to create beautiful art. **What will we learn?** • To demonstrate increased knowledge of a variety of crafting styles and techniques through weekly themed projects • To recognize that we all can be artistic creators • To develop our skills and confidence when creating new art pieces Facilitators: Julie & Tanya
Art Journaling **Mondays** **January 5 – February 9** (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person) or **Mondays** **February 23 – March 30** (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** Art Journaling is a program that incorporates art into basic journaling. Each week, there will be different themes that will focus on positive, self-reflective concepts that are presented in a judgement-free manner. While attending the first week, we will discuss and determine the themes for the following weeks of this group. During this program, we will express our individual creativity while working within the decided upon theme. Upon completion, there will be time set aside at the beginning of each session for those who would like to share their pages. Participants are encouraged to continue their journaling journey. All supplies are provided. You may want to bring a favourite type of book to use as your journal. **What will we learn?** • An increased knowledge of art journaling and self-reflection related to the weekly themes. • How to engage in various artistic techniques while completing the journal pages Facilitators: Julie & Justine

Attitude of Gratitude **Wednesdays** **January 7 – February 11** (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)	**What will we do?** There are so many things to be grateful for and appreciate in life, but we are often so busy we overlook these little joys and all the good things surrounding us. This course focuses on maintaining a positive outlook despite the busyness of life and the challenges life throws at us. It is about appreciating and being grateful for all the good things in life no matter how big or small they are. By focusing on having a positive mindset and living in the present moment we can learn to appreciate the positives in life even if we are faced with difficulties and challenges. **What will we learn?** • How to practice gratitude daily • How to have a positive mindset • About mindfulness and living in the present moment • Use fun interactive activities to help us practice gratitude • Hands-on learning strategies to practice gratitude Facilitators: Chandra & Robin
Beyond the Brush Acrylic Painting **Fridays** **January 9 – February 13** (Session A: 6 Classes) 3:00 pm – 4:15 pm (virtual) or **Fridays** **February 27 – March 27** (Session B: 5 Classes) 3:00 pm – 4:15 pm (virtual)	**What will we do?** Each week we will work through a guided acrylic painting session. Each week a new painting technique will be taught and then incorporated into the painting of the week. You do not need to be an experienced painter to join this group as we will all learn together, to create one-of-a-kind paintings. Remember that this is a judgement free program as there is no right or wrong way to create! So please, give yourself some grace if it doesn't turn out the way you saw it in your mind's eye! **Please note**: *Participants will be responsible for providing supplies each week based on a budget friendly supply list provided. Julie will send a suggested supply list out prior to the start of each session along with an example of the technique we will be working on.* **What will we learn?** • To use a variety of painting techniques that may include dabbing, stippling, dripping or splatter as well as clean lines and shapes using stamps or found objects • To become more confident in your ability and to trust the process as you create your art • How to mix primary colours to create a wide range of secondary and tertiary colours • To join others in a judgement free, supportive and fun environment Facilitators: Julie
Building Better Boundaries **Fridays** **January 9 – February 13** (Session A: 6 Classes)	**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.

1:00 pm – 2:15 pm (virtual) or **Wednesdays** **February 25 – April 1** (Session B: 6 Classes) 10:30 am – 11:45 am (in-person)	**What will we learn?** • Discover what a boundary is and how you can establish ones that work for you • Learn how your boundaries can both protect and promote yourself • Understand how to use boundaries to help you achieve your goals and dreams • Recognize how respectful boundaries can bring value to your mental, emotional and physical health Facilitators: Keith & Chandra
Building Self Worth **Tuesdays** **February 24 – March 31** (Session B: 6 Classes) 9:00 am – 10:15 am (virtual)	**What will we do?** We will uplift one another, celebrate our strengths, and learn practical strategies to cultivate a positive self-image. Together, we'll embark on a path toward greater self-discovery and empowerment. We'll share experiences, engage in meaningful discussions, and participate in activities designed to foster self-acceptance and resilience. **What will we learn?** • How to empower your self-worth • How to enhance your sense of self-worth • How to recognize your inherent value and embrace your unique qualities • How to build confidence and overcome negative self-talk Facilitators: Sue
Communication and Conflict **Fridays** **February 27 – March 27** (Session B: 5 Classes) 10:30 am – 11:45 am (in-person)	**What will we do?** This is a course for people who want a better understanding of conflict and how our communication can impact the conflict in our lives. As a group, we will look at why some conflicts happen, we will learn effective communication skills for conflict resolution, as well as strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others. **What will we learn?** • We will identify types of conflict and how this can impact our relationships • We will learn skills to enhance our communication styles • We will teach each other new techniques by sharing what has worked for us Facilitators: Keith & Chandra
Conquering Loneliness **Tuesdays** **January 6 – February 10** (Session A: 6 Classes) 3:00 pm – 4:15 pm (virtual)	**What will we do?** This program will explore the difference between being alone and feeling lonely. It will encourage peer discussion about the challenges of feeling disconnected from others and brainstorm ways to decrease feelings of loneliness and increase meaningful connections in our lives. **What will we learn?** • How to increase meaningful connections in our lives • About the challenges of feeling disconnected from others • The difference between being alone and feeling lonely Facilitators: Chandra & Sam

Coping with Anxiety and Panic

Thursdays
January 8 – February 12
(Session A: 6 Classes)
10:30 am – 11:45 am
(in-person)

or

Tuesdays
February 24 – March 31
(Session B: 6 Classes)
1:00 pm – 2:15 pm
(community)

This course will take place at:
Clarington Public Library
Bowmanville Branch
163 Church St
Bowmanville, ON L1C 1T7

What will we do?

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

What will we learn?

- We will speak generally about what happens in the body during anxiety and panic attacks
- We will learn about the unpleasant symptoms that occur to decrease fear during an attack
- We will also learn tools for dealing with anxiety in general
- We will teach each other new techniques by sharing what has worked for us

Facilitators: Keith & Chandra (i), Sue & Chandra (c)

Coping with Depression

Thursdays
February 26 – April 2
(Session B: 6 Classes)
10:30 am – 11:45 am
(in-person)

What will we do?

We've all been sad or had moments of a low mood at times in our lives, but what happens when we can't pull ourselves out of these prolonged funks? In this group we will increase our understanding and knowledge about depression and gain skills to help recognize and manage symptoms that can frequently occur. Collectively we'll identify and implement healthy coping mechanisms and explore a variety of treatments that help manage day-to-day symptoms.

What will we learn?

- Identify signs and symptoms of depression
- The importance of a support system and developing a crisis plan
- Exploring a variety of different treatment options and coping strategies
- Examining personal triggers and enforcing boundaries
- Discuss our experiences with stigma and how to normalize depression through effective conversations

Facilitators: Keith & Chandra

Course Facilitation Skills Training

Mondays
January 5 – February 9
(Session A: 6 Classes)
1:00 pm – 2:15 pm
(virtual)

or

Tuesdays
February 24 – March 31
(Session B: 6 Classes)

What will we do?

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

What will we learn?

- Presentation skills
- Increase social confidence
- How to engage a group of individuals so that everyone participates

10:30 am – 11:45 am (in-person)	• Learn how to prepare lesson plans and deliver them with success • Practice active listening skills • Develop leadership skills Facilitators: Keith & Chandra
CPR-C **Friday, January 23** (Session A: 1 Class) 9:00 am – 3:00 pm (workshop)	**What will we do?** We will become certified in CPR-C. CPR-C (Adult, Child & Infant) covers all aspects of CPR skills and theory for adult, child and infants, including two-rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED. All Lifesaving Society CPR training is consistent with standards established by the Heart and Stroke Foundation of Canada. **What will we learn?** • About risk factors associated with heart disease and how to prevent them or reduce their effects • A skill set of lifesaving techniques including Cardiopulmonary Resuscitation and how to help choking individuals (including those who are non-breathing and pulseless) Facilitators: Jenine & Heather
Découpage: Decorating with Paper and Passion **Thursdays** **March 12 – April 2** (Session B: 4 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** Discover the joy of transforming everyday objects into personalized works of art using nothing more than paper, glue, and a little imagination. Whether you're sprucing up tile coasters, rocks, picture frames, or keepsake boxes, this beginner-friendly course will guide you step-by-step, using just a few simple tools. All materials will be provided. **What will we learn?** • Basic découpage tools and techniques • Inspiring project ideas to spark creativity • Transforming a variety of objects into pieces of art • Finishing and sealing for durability Facilitators: Keith & Stacie
Discovering Watercolours **Thursdays** **January 8 – February 12** (Session A: 6 Classes) 3:00 pm – 4:15 pm (virtual) or **Thursdays** **February 26 – April 2** (Session A: 6 Classes) 3:00 pm – 4:15 pm (virtual)	**What will we do?** In this course you will learn something new each week about creating with watercolours. Weekly, you will be working on a skill that you can use to finish your work in progress during the rest of the week. There will be a short opportunity at the beginning of the next paint session to share your completed piece if you wish. At the end of this course, you will have a beautiful collection of watercolour pieces that you have created. **What will we learn?** • Various techniques while creating watercolour art pieces • This is a judgement free zone; enjoy the process and have fun • Patience, as you cannot rush a watercolour painting • Building your creativity and self-esteem while expressing yourself through art **Please note**: *You will be responsible for providing the supplies for this group. Julie will send a suggested supply list out prior to the start of each session.* Facilitators: Ashley & Julie

Dynamics of Discharge **Tuesdays** **January 6 – February 10** (Session A: 6 Classes) 1:00 pm – 2:15 pm (transitional discharge) or **Tuesdays** **February 24 – March 31** (Session A: 6 Classes) 1:00 pm – 2:15 pm (transitional discharge)	**What will we do?** A dedicated course tailored for students enrolled in our Assessment and Reintegration Program (CGP-A, B, C & D). This comprehensive course is crafted to provide insights and practical skills necessary for navigating the process of discharge. Throughout this course, participants will delve into an exploration of the discharge process, gaining an understanding of its components. This course empowers participants by equipping them with practical tools and strategies to effectively prepare for discharge. **What will we learn?** • The process of discharge • Understanding readiness for discharge • Common challenges when discharging • Community supports for wellness • Benefits and challenges of maintaining wellness as an out-patient Facilitators: Nicole & Leah
Empowering Caregivers: Navigating Compassion, Advocacy & Well-being **Thurdays** **January 8 – February 12** (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** We will learn about recovery-oriented principles that promote and reinforce self-care, resilience, and strengths in family caregivers. Learn how to leverage these perspectives to navigate around and "through" scenarios and issues we encounter as we care for our loved ones. Family caregivers will also work with a Bioethicist to become familiar with the Mental Health Act and the role of a Substitute Decision Maker. There will also be opportunity to speak freely amongst those with lived experience. **What will we learn?** • 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 Facilitators: Nicole & Chandra
Exploring Non-Attachment **Tuesdays** **January 6 – February 10** (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) or **Tuesdays** **January 6 – February 10** (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** We will engage in discussion with our peers. We will learn to bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences. We will begin to understand that as we cling to these ideas, we also create more suffering. In this group we will be discussing some Buddhist practices and principles. We will also explore the mindfulness practice of letting go. **What will we learn?** • We will explore attachment theories • What is non-attachment • Buddhist principles of non-attachment • Ways to practice non-attachment Facilitators: Sue & Heather

Exploring Radical Acceptance **Wednesdays** **January 7 – February 11** (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) or **Tuesdays** **February 24 – March 31** (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** In this course we will learn how Radical Acceptance can help us recognize and identify emotions that can be difficult to feel. We will also identify tools to help us 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. **What will we learn?** • We will learn how to speak more compassionately to ourselves with various techniques, self-talk, as well as some meditation practices • We will learn how to recognize our emotions, feel them, change the way we think and let go of the emotions we hold on to Facilitators: Sue & Heather (A), Keith & Durham Mental Health (B)
Exploring Unhealthy Thought Patterns **Fridays** **January 9 – February 13** (Session A: 6 Classes) 9:00 am – 10:15 am (virtual) or **Fridays** **January 9 – February 13** (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)	**What will we do?** This group is designed to help participants recognize and understand unhelpful or negative ways of thinking that affect mood, behavior, and overall well-being. We will explore how our thoughts shape our emotions and actions and will have discussions on how to soften and challenge patterns that no longer serve us. We will engage in discussions to strengthen self-awareness and support one another in creating more compassionate, realistic, and flexible ways of thinking. **What will we learn?** • About common thought distortions • How to identify personal thought patterns that contribute to stress, anxiety, or low self-esteem. • To recognize automatic negative thoughts and where they come from • Strategies to maintain healthier thought habits in our daily life Facilitators: Sue, Ana & Heather
Find Your Zen for the Weekend **Fridays** **January 9 – March 27** (Session A&B: 11 Classes) 1:00 pm – 2:15 pm (virtual) Note: No class February 20	**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). **Please note**: *A Physical Activity Readiness & You (Par-Q) will be required of all participants that is renewed annually, and a waiver will be required for those who have not signed one previously.* **What will we learn?** • To become more aware of the mind and body connection in relation to stress and ways to release it • To maintain and/or increase personal balance, flexibility and strength through continuous participation in this session • Building confidence to continue to practice after the session has ended for continued benefit Facilitators: Julie

Get Ahead With What You've Got: Maximizing Your Financial Resources **Thursdays** **February 26 – April 2** (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** Explore various options by learning about subsidized housing programs, housing supports, and how to navigate the Landlord Tenant Board to understand tenant rights and responsibilities. We will address food security through discovering food banks, strategies for cooking on a budget, accommodating dietary needs, connecting with Community Supported Agriculture (CSAs), food apps, and comparison-shopping techniques. Managing money is a key focus as we will learn how to set up and manage bank accounts—including online banks and credit unions—use credit cards responsibly, manage credit, and gain understanding of financial services. Additional supports such as utility subsidies (including Rogers and electricity), Community Care programs, and Health at Home initiatives will also be explored. This course helps build essential technology skills, covering how to choose and manage phone plans, use computers and tablets, participate in community training programs, and understand subscription services. **What will we learn?** • Housing: How to apply for and maintain subsidized housing, the role of housing support services, and how to resolve disputes through the Landlord Tenant Board • Food Security: How to access and use food banks, plan and prepare nutritious meals on a limited budget, adapt to special dietary needs, join a CSA, utilize food apps for savings, and compare prices to stretch your food dollar • Managing Money: The basics of banking (including online and credit union options), how to use credit cards wisely, strategies for managing credit, and an overview of available financial services • Additional Supports and Programs: How to apply for utility subsidies, access Community Care resources, and benefit from Health at Home programs • Technology: How to select affordable phone plans, use computers and tablets effectively, participate in technology training, and manage subscription services Facilitators: Leah & Nicole
Healthy Living: A 6-Week Journey Toward Lifelong Vitality **Mondays** **February 23 – March 30** (Session B: 6 Classes) 10:30 am – 11:45 am (virtual)	**What will we do?** Join us for a dynamic and engaging online course designed to support healthy living through evidence-informed strategies and meaningful lifestyle changes. **What will we learn?** • Learn simple, sustainable strategies to support physical, mental, and social wellbeing • Practice healthy routines ranging from balanced meal planning to mental fitness • Strengthen your sense of purpose and community • Create a personalized wellness plan that you'll be excited to maintain Facilitators: Nicole & Tracey

Identifying Unhealthy Relationships **Tuesdays** **January 6 – February 10** (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)	**What will we do?** Walking away from unhealthy relationships isn't always possible or easy. Through education and discussion, this course looks at ways to minimize the negative impact of those relationships. If we believe we are worthy of respect, kindness and consideration, we will be able to surround ourselves with people who lift us up, rather than diminish us. **What will we learn?** • To recognize patterns in unhealthy relationships • Why we stay in unhealthy relationships as long as we do • How to decide whether it is time to let go • To identify unhealthy relationships through determining our own strengths • Changes we can make in our choices and behaviours to improve our wellness and, subsequently, the relationships we find ourselves in Facilitators: Keith & Chandra
Learning About Mindfulness **Mondays** **January 5 – March 16** (Session A&B: 10 Classes) 9:00 am – 10:15 am (virtual) Note: No class February 16 or **Mondays** **January 5 – March 16** (Session A&B: 10 Classes) 1:00 pm – 2:15 pm (in-person) Note: No class February 16	**What will we do?** Mindfulness is a tool that you can put in your tool belt to help you manage difficult situations and bring you back to the present moment. In this group, we will engage in discussions with our peers and, with the curriculum we will learn about the 9 attitudes of mindfulness to help us set the stage for positive emotional experiences. **What will we learn?** • The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn • To stay in the present to foster a positive and comfortable emotional state Facilitators: Sue & Heather
Learning Together: Exploring Indigenous Cultures **Tuesdays** **January 6 – March 31** (Session A&B: 12 Classes) 3:00 pm – 4:15 pm (in-person) Note: No class February 17	**What will we do?** This group offers an opportunity for our Indigenous community and Treaty Peoples to come together and explore and celebrate Indigenous culture, traditions, and wellness practices in a safe and supportive environment. Participants will learn about the richness of Indigenous heritage while engaging in traditional storytelling, creating dream catchers and other crafts, as well as exploring drumming, smudging and other cultural wellness practices. **What will we learn?** • An understanding of Indigenous traditions, history, and cultural practices • Develop hands-on skills in crafts • Learn about the spiritual and social significance of drumming, smudging, and other practices • Experience the importance of community, connection, and shared storytelling in Indigenous culture Facilitators: Leah & Levi

Maintaining Momentum **Fridays** **January 9 – February 13** (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) or **Fridays** **February 27 – March 27** (Session B: 5 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** Are you looking to make progress with your wellness and avoid setbacks? This group will discuss strategies to maintain gains, minimize obstacles and reduce reversals to achieving our recovery goals. **What will we learn?** • A variety of coping mechanisms, tools, and resources to help keep us on the right path of our wellness journeys • Participants are encouraged to share with others the healthy strategies that have worked for them Facilitators: Keith & Chandra
Managing Anger **Thursdays** **January 8 – February 12** (Session A: 6 Classes) 9:00 am – 10:15 am (virtual)	**What will we do?** In this course we will explore the emotion of anger and how it impacts us and our relationships, along with the impact physically on our body. The course is filled with practical wisdom as well as techniques that will assist individuals in exploring the emotion of anger. We will also discuss the emotions that lie underneath the anger. **What will we learn?** • About what anger is • About emotions that lie underneath the anger • Tools to help support and manage our emotions • About the aggression cycle Facilitators: Sue & Heather
Many Faces of Ego **Fridays** **February 27 – March 27** (Session B: 5 Classes) 9:00 am – 10:15 am (virtual) or **Fridays** **February 27 – March 27** (Session B: 5 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** In this group we will engage in discussion on how ego shapes how we see ourselves and how we interact with the world. We will talk about how ego can help or hinder our growth. In this group we will explore the different faces of ego, from the inner critic to the people pleaser, and how they impact our relationships, decisions, and sense of self. **What will we learn?** • What is ego • How ego presents itself in our lives • Transcending the ego • How to recognize when ego is impacting different aspects of our lives • About attachment and ego • How to let go of ego Facilitators: Sue & Heather
The Menopause Transition: Insights & Empowerment **Tuesdays** **February 24 – March 31** (Session B: 6 Classes) 10:30 am – 11:45 am (virtual)	**What will we do?** This course explores the biological processes, symptoms, and emotional impact of the menopause transition. We will gain insight into hormonal shifts, health considerations, and strategies for managing symptoms such as hot flashes, mood changes, and sleep disturbances. This course emphasizes empowerment through education, providing a supportive space to discuss experiences and how to best advocate for ourselves.

	Whether you're approaching menopause or seeking knowledge to support others, this course will help you navigate the menopause transition with confidence. **What will we learn?** • An understanding of this normal and natural life transition • Positive life changes and therapies to manage symptoms and enhance well-being • How to navigate this new life chapter with resilience and self-compassion • To challenge cultural stigma and advocate for our health Facilitators: Stacie & Julie
The Mirror & The Plate: Exploring Our Relationship with Body Image & Food **Wednesdays** **January 7 – February 11** (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) or **Thursdays** **January 8 – February 12** (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** This will be a supportive and judgement-free group where we can come together and discuss challenging issues related to body image. We will learn about warning signs and symptoms of disordered eating and have conversations on how to support ourselves or loved ones through challenges. **What will we learn?** • The difference between body neutrality and body positivity • How to set healthy boundaries for ourselves and others • Tools we can lean on to support ourselves when we become emotionally dysregulated • How to manage societal pressure and media to benefit our wellness goals • We will share and discuss resources available to the community • Ways to offer ourselves self-compassion and self-respect Facilitators: Stacie & Keith (i), Stacie & Heather (v)
My Stories, My Voice **Thursdays** **January 8 – February 12** (Session A: 6 Classes) 10:30 am – 11:45 am (in-person) or **Thursdays** **February 26 – April 2** (Session B: 6 Classes) 10:30 am – 11:45 am (virtual)	**What will we do?** Sharing your experiences can be a meaningful way to change your story from one of illness to one of strength and wellness. In this course, you will learn how to use your own personal and unique lived experience to craft your own story. You will work towards feeling comfortable and confident sharing your work in front of a group of peers while accepting gentle feedback to make your story the best it can be. **What will we learn?** • We will participate in a series of activities that will help you to get comfortable with the process • How to use your personal experiences to build strength and wellness • How to use creativity to write your own story Facilitators: Lori & Sue
Off the Wall Miniature Painting with Deb **Wednesdays** **January 7 – April 1** (Session A&B: 12 Classes)	**What will we do?** We will be painting plastic miniature figures, Warhammer 40k/Age of Sigmar, that can be used for tabletop games or kept as collectables. We will use the first part of the course to paint our miniatures and the second part of the course we will play Warhammer 40k.

3:00 pm – 4:15 pm (in-person) Note: No class February 18	**What will we learn?** • How to choose a colour scheme • How to properly thin and apply acrylic paint • How to use a wet palette • How to layer paint • How to drybrush paint • How and when to use shades • How to base the model • How to design terrain • How to play Warhammer 40k Facilitators: Debbie & Nicole
Overcoming Challenges **Mondays** **January 5 – February 9** (Session A: 6 Classes) 10:30 am – 11:45 am (in-person)	**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. **What will we learn?** • The inevitability of facing life challenges • Strategies for accepting your life exactly as it is • To let go of things beyond our control • How to deal with difficult people • How to handle difficult questions pertaining to our mental health • Strategies for dealing with bullying • How to advocate for yourself Facilitators: Keith & Chandra
Pathways to Work - Exploring Your Next Steps Toward Employment **Tuesday** **January 20 or February 17** (Session A: 1 Class) 10:30 am – 12:30 pm (workshop)	**What will we do?** At the Employment Drop-In Info Session, you will have the opportunity to build or update your resume, write a standout cover letter, prepare for interviews by practicing common questions and learning how to discuss your strengths and gaps, explore labour market information to understand what jobs are in demand, and receive vocational guidance to explore your work goals. **What will we learn?** • How to create a professional resume and cover letter tailored to job applications • Develop confidence and skills for interviews • Gain insights to current job market trends and opportunities • Employment Ontario (EO) supports available within the community to help you achieve your employment goals • The tools and knowledge needed to successfully re-enter the workforce Facilitators: Katie & Falguni

Poetry Writing **Mondays** **January 5 – February 9** (Session A: 6 Classes) 10:30 am – 11:45 am (virtual) or **Mondays** **February 23 – March 30** (Session A: 6 Classes) 10:30 am – 11:45 am (virtual)	**What will we do?** We will be exploring poetry through various styles including Acrostic and Haiku as well as some of our favourite short styles of poetry from previous semesters. All new poem examples and prompts will be provided. This is a supportive space for inspiration on how to get a poem started. Sessions A and B will offer different poetry styles. Whether this is your first time writing a poem or you are joining us once again - welcome or welcome back! Krishna and Julie offer encouragement and positive feedback about your poems. You are invited to share what you have written; however, sharing is always optional. We look forward to writing with you! Your poems inspire the group! **What will we learn?** • About literary and poetic devices that add variety to our writing • To connect with ourselves on a deeper level • To effectively communicate our thoughts through writing, while we have fun expanding our creativity • To creatively express ourselves through poetry Facilitators: Krishna & Julie
Progressive Low Impact Exercise **Thursdays** **January 8 – April 2** (Session A&B: 12 Classes) 10:30 am – 11:45 am (virtual) Note: No class February 19	**What will we do?** This program will combine discussion, demonstration, and instruction to ensure that everyone gets more physically active while challenging their level of fitness. Each week we will complete a 60 to 75-minute exercise program, working at everyone's own ability. Please listen to your body, do what you can and take breaks when you need. There is no judgement by anyone in the class related to the fitness levels of others. This program will combine yoga, muscle strengthening using light weights, balance work as well as core and cardio exercises. For each class, please have a non-wheeled chair available along with water to drink and some type of resistance equipment available such as light weight hand weights, resistance bands or food cans/full water bottles. **Please note**: *A Physical Activity Readiness & You (Par-Q) will be required of all participants that is renewed annually, and a waiver will be required for those who have not signed one previously.* **What will we learn?** • New exercise options that do not involve going to the gym and that are safe to do at home • How to develop a new exercise routine that can be done at home with minimal equipment. • Confidently become more physically active Facilitators: Julie

Recognizing Basic Goodness and Happiness Within **Wednesdays** **February 25 – April 1** (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** Sometimes when we are faced with adversity and challenges in our lives, especially when it comes to our mental health, it's easy to get discouraged and have an outlook of doom and gloom as we try to move forward in our recovery journeys. This course offers a look at life through a lens that we are all whole and complete with everything we need to give something wonderful back to the world. Plenty of examples, videos, group discussion, and helpful practices are incorporated into the course. **What will we learn?** • In a supportive environment, we will gain new perspectives on coping with difficulties and challenges and how to apply them to our lives • Students will explore practical tools and insights that empower them to recognize their strengths and navigate their mental health journey with confidence and clarity. Facilitators: Galen & Keith
Reggae **Fridays** **February 27 – March 27** (Session B: 5 Classes) 1:00 pm – 2:15 pm (in-person) Note: This class takes place in the Multifaith Room in Building 5	**What will we do?** Reggae music stands out for its positivity and spiritual depth within a popular structure. The genre transcends entertainment, serving as a powerful vehicle for social change and cultural expression. It also offers healing principles. The influence of essential artists and their ability to speak about solutions reminding listeners of life's important choices. The music serves as a constant reminder of alternative perspectives and the power of positive change, resonating with audiences across generations and cultures worldwide. Join us for good vibes and leave feeling irie! **What will we learn?** • Overall historic overview of the genre • Exploring the "Roots" era of reggae and the genius of Bob Marley • How the genre has influenced popular culture worldwide • Influential artists, essential albums, songs describing a lifestyle Facilitators: Clark & Leah
Safe and Sound: Medication Education with Pharmacy **Wednesdays** **January 7 – February 11** (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** This will be a pharmacist-led mental health medication workshop where we discuss various common mental health conditions and the respective medications for them. We will go over how these medications treat these specific conditions, and the side effects associated with these medications & how to manage these side effects. We will also address any medication questions that you might have on these topics. **What will we learn?** • About schizophrenia and antipsychotics • About depression and antidepressants • Discuss bipolar disorder and mood stabilizer • Discharge and community navigation • Substance use (benzo/opioid/marijuana), naloxone, and smoking cessation • Additional topics around medications in mental health Facilitators: Pharmacy & Heather

Self-Discovery **Tuesdays** **February 24 – March 31** (Session B: 6 Classes) 9:00 am – 10:15 am (virtual) or **Tuesdays** **February 24 – March 31** (Session B: 6 Classes) 1:00 pm – 2:15 pm (in-person)	**What will we do?** This course will guide you through a journey of self-discovery, self-acceptance, and personal growth to help you understand and embrace who you truly are. Throughout the course you will explore different aspects of identity as well as develop self-love and confidence. Each week there will be homework booklets and activities relating to that week's course content to help you engage in your own self-discovery. **What will we learn?** • How to take practical steps to understand and embrace your identity • To build a healthier and compassionate relationship with yourself • Different aspects of identity, develop self-love and confidence Facilitators: Stacie & Heather (v), Heather & Bri (i)
Self-Esteem **Mondays** **February 23 – March 30** (Session B: 6 Classes) 10:30 am – 11:45 am (in-person) or **Mondays** **February 23 – March 30** (Session B: 6 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** Do you find it difficult to share your opinions and to speak up for yourself? This course explores what self-esteem is, why we struggle with it, the importance of positive self-esteem, and what causes low self-esteem. We will also look at strategies to challenge negative or inaccurate thinking. **What will we learn?** • What is self-esteem and ways to build it • Factors that shape and influence self-esteem • How to communicate assertively • A variety of ways to set healthy boundaries Facilitators: Keith & Chandra
Self-Esteem Boost for Women: Pathways to Wellness and Self-Care **Wednesdays** **January 7 – February 11** (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** Join us to explore the transformative journey of enhancing self-esteem and nurturing wellness. This course is for individuals seeking to cultivate a deeper understanding of themselves and their needs. We will blend practical strategies and personal insights to foster personal growth and resilience. Participants will embark on a guided exploration of key themes including self-awareness, self-compassion, and effective self-care practices. We will 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. **What will we learn?** • Develop a deeper understanding of self-esteem and its impact on overall well-being • Explore strategies for enhancing self-awareness and self-compassion • Learn effective techniques for nurturing mental, emotional, and physical wellness • how to recognize and challenge negative self-perceptions and cultivate a positive self-image Facilitators: Chandra & Colleen

Singing 101 **Thursdays** **January 8 – February 12** (Session A: 6 Classes) 3:00 pm – 4:15 pm (in-person) or **Thursdays** **February 26 – April 2** (Session B: 6 Classes) 3:00 pm – 4:15 pm (in-person) Note: This class takes place in the Multifaith Room in Building 5	**What will we do?** We will enjoy singing as a leisure activity and the health benefits that accompany singing with others. Participants will be encouraged to reflect on what music they love to sing and how it impacts them. Activities include vocal warm-ups, group singing, listening, class discussions as well as an introduction to reading music and songwriting. No musical experience or ability to read music is needed to benefit from this course though an interest in singing and a willingness to try new things is encouraged. All materials will be provided. **What will we learn?** • How to warm-up your voice and other helpful tips to feel ready and able to sing your favorite songs • How to take good care of your voice as an instrument / vocal health • Some of the health benefits of singing Facilitators: Kaitlyn & Clark
Stitch and B*tch **Thursdays** **January 8 – February 12** (Session A: 6 Classes) 1:00 pm – 2:15 pm (in-person) Note: This class takes place in the Multifaith Room in Building 5	**What will we do?** Welcome to this inclusive and welcoming group. In this group we will have the opportunity to explore knitting, crochet, cross stitch, macrame, embroidery and more. We welcome everyone, no previous experience or skill needed. Looking for company and to try something new? Join us! **What will we learn?** • The importance of coming together as a community to promote wellness • How to find wellness by engaging in creative activities • Various fibre crafts/arts Facilitators: Leah & Denise
Surviving a Personal Crisis **Wednesdays** **January 7 – February 11** (Session A: 6 Classes) 3:00 pm – 4:15 pm (virtual)	**What will we do?** This psychoeducational support group offers participants a structured yet compassionate framework for navigating personal crises. Developed from lived experience and informed by trauma-sensitive practices, the course introduces eight key strategies to support psychological stabilization, promote emotional resilience, and foster self-directed healing. Each step offers validation of the struggle, gentle encouragement, practical strategies and emotional connection. **What will we learn?** • Reinforce basic self-care practices to support nervous system regulation and recovery • Explore the therapeutic benefits of nature, routine, and spiritual connection • Build confidence in help-seeking and boundary-setting within safe relationships • Develop skills in emotional expression, nonjudgmental self-awareness, and distress tolerance • Learn foundational principles of self-compassion and mindfulness • Cultivate adaptive behaviors that support recovery and reconnection with personal values Facilitators: Claire & Keith

A Taste of Tai Chi

Fridays
January 16 – February 13
(Session A: 5 Classes)
1:00 pm – 2:15 pm
(in-person)

Note: This class takes place in the Central Gymnasium

What will we do?

Taoist Tai Chi® is a set of continuous movements that were brought to Canada from China in 1970 by Master Moy Lin Shin to benefit the health of those who were taught the practice. We will repeat a series of slow physical movements that gently exercise the muscular, skeletal, and circulatory systems and have a calming effect on the mind. Taoist Tai Chi® is truly a moving meditation.

Participants should wear comfortable workout clothing; light running shoes and bring water to rehydrate.

What will we learn?

- Brief information about the origin and potential benefits of Taoist Tai Chi®
- The 2 Foundation Exercises of Taoist Tai Chi®
- The first 17 moves of the Taoist Tai Chi® set

Facilitators: Elaine & Ana

Thriving Together: Community Wellness Peer Support Group

Mondays
January 5 – February 9
(Session A: 6 Classes)
1:00 pm – 2:15 pm
(virtual)

or

Wednesdays
January 7 – February 11
(Session A: 6 Classes)
1:00 pm – 2:15 pm
(transitional discharge)

or

Mondays
February 23 – March 30
(Session B: 6 Classes)
1:00 pm – 2:15 pm
(virtual)

or

Wednesdays
February 25 – April 1
(Session B: 6 Classes)
1:00 pm – 2:15 pm
(transitional discharge)

What will we do?

This group is designed to empower individuals as they transition from hospital to community life. Providing a welcoming, inclusive space where members connect, share experiences, and support one another in their wellness journeys. Each session blends guidance and conversation focusing on support, practical tools, and strategies building resilience and fostering growth. Whether facing new challenges or celebrating small victories, you'll find understanding peers, encouragement, and resources to help you thrive. Join us to build meaningful connections, reduce isolation, and navigate the path to wellness—together.

Each session will include the following:

- Warm Welcome: Check-in and a review of group guidelines to maintain a confidential, respectful space
- Progress Sharing: Share updates on your journey, discuss weekly challenges, and celebrate milestones
- Resource Exchange: Collaborate on tips, resources, and strategies for wellness and community involvement
- Gentle Growth Activities: Try a new community activity or a wellness technique—to encourage personal growth and accountability

What will we learn?

- How to build supportive connections and foster a sense of belonging during the transition from hospital to community
- Ways to share and reflect on personal experiences to promote healing, resilience, and self-awareness
- Effective wellness strategies for managing challenges and maintaining mental and physical health
- Practical tools and resources for engaging with the community and navigating daily life
- Goal-setting techniques to support personal growth, motivation, and accountability
- How to challenge self and societal stigma

Facilitators: Leah & Nicole

Understanding Burnout **Wednesdays** **February 25 – April 1** (Session B: 6 Classes) 9:00 am – 10:15 am (virtual) or **Wednesdays** **February 25 – April 1** (Session B: 6 Classes) 3:00 pm – 4:15 pm (in-person)	**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. **What will we learn?** • To recognize when we are experiencing burnout • The effects burnout can have on us mentally and physically • Coping strategies to help us get back to a place of wellness Facilitators: Sue & Heather (v), Chandra & Heather (i)
Understanding Core Beliefs **Wednesdays** **January 7 – February 11** (Session A: 5 Classes) 1:00 pm – 2:15 pm (community) This course will take place at: Ajax Public Library Main Branch 55 Harwood Ave S Ajax, ON L1S 2H8 Note: No Class January 21 or **Thursdays** **February 26 – April 2** (Session B: 6 Classes) 9:00 am – 10:15 am (virtual)	**What will we do?** Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is viewed. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Through structured curriculum, activities and discussion we will explore our core beliefs and find ways to leverage them while maintaining our recovery wellness. **What will we learn?** • To explore our core beliefs • To understand where our core beliefs come from • How our core beliefs impact us on a day-to-day basis • How to leverage our core beliefs in pursuing and maintaining our recovery wellness Facilitators: Sue & Stacie (c), Sue & Heather (v)
Understanding and Exploring Vices **Tuesdays** **January 6 – February 10** (Session A: 6 Classes) 1:00 pm – 2:15 pm (virtual)	**What will we do?** This course explores the psychological, social, and emotional roots of vices - from everyday habits to addiction. We'll gain a deeper understanding of why we turn to certain behaviors, how they affect our lives, and what it takes to break free. Whether you're seeking personal growth or supporting others on their journey, this course offers a compassionate, nonjudgmental space to learn, reflect, and take action. **What will we learn?** • The psychology of habit and addiction • Building supportive environments for lasting transformation • Practical strategies for reducing harm and reclaiming control • How to catch, challenge and change our negative thought patterns • How to form healthy habits Facilitators: Keith, Stacie & Durham Mental Health

WRAP: Wellness Recovery Action Plan

Thursdays
January 8 – March 5
(Session A&B: 8 Classes)
1:00 pm – 2:30 pm
(in-person)

Note: No Class February 19

What will we do?

WRAP is a simple and powerful process for creating the life and wellness you want. With WRAP, we will build a kit to:

- Develop and discover simple, safe, and effective tools to create and maintain wellness
- Establish a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

What will we learn?

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

Facilitators: Tanya & Peter

Your Personal Recovery Journey

Tuesdays
January 6 – February 10
(Session A: 6 Classes)
10:30 am – 11:45 am
(transitional discharge)

or

Thursdays
January 8 – February 12
(Session A: 6 Classes)
10:30 am – 11:45 am
(virtual)

or

Tuesdays
February 24 – March 31
(Session B: 6 Classes)
10:30 am – 11:45 am
(virtual)

or

Thursdays
February 26 – April 2
(Session B: 6 Classes)
10:30 am – 11:45 am
(transitional discharge)

What will we do?

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

What will we learn?

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

Facilitators: Nicole, Leah & Greg

A Zest for Zentangle

Wednesdays
January 7 – February 11
(Session A: 6 Classes)
5:15 pm – 6:30 pm
(virtual)

or

Wednesdays
February 25 – April 1
(Session B: 6 Classes)
5:15 pm – 6:30 pm
(virtual)

What will we do?

Zentangle Inspired Art (ZIA) is an easy to learn art form that helps promote relaxation and stress reduction. ZIA will allow us to use different images that become more inspiring and interesting as they begin to develop. Images that we have done in the past include nature, animals, and a light house that we filled with repetitive patterns to create a beautiful art piece. This session we will also start to incorporate colour into the pieces.

Julie will send a suggested supply list out prior to the start of each session.

What will we learn?

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

Facilitators: Julie


Ontario Shores
Centre for Mental Health Sciences
Discovery. Recovery. Hope.