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Winter 2018
Course Guide
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Welcome

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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.

Courses within the Recovery College

There is no cost to attend the Recovery College at Ontario Shores. Courses are either co-designed or co-facilitated by facilitators with professional 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 about mental health and treatment options
2. Leisure, health and wellness
3. Vocational courses
4. Skills development
5. Self-discovery and identifying strengths

Peer Tutors

The peer support specialists 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.
How to Get Involved

Recovery College 101

If you would like more information about the Recovery College feel free to drop into one of our “Recovery College 101” presentations offered regularly throughout the semester. There is no need to sign up for this course, just check the schedule for the next presentation on the Recovery College page located on the Ontario Shores website ontarioshores.ca.

Registration Process

If you are interested in becoming a student in the Recovery College, follow these two steps to register for courses:

Step one:
Express interest to a member of your clinical team and request that they send a Meditech referral for “Peer Support- Recovery College” or connect with Peer Support directly for self-referral.

Step Two:
The Peer Support Specialist will call you to arrange a meeting where you can explore your goals and plan your Recovery College activities. These sessions will include a questionnaire (Personal Recovery Outcome Measure) and the development of an Individualized Learning Plan. After completing these forms with the Peer Support Specialist, you will work together in identifying courses you would like to take in the college. You will leave your meeting with your timetable for the semester.

Graduation

We want to celebrate your successes! Each year, there will be a graduation celebration to acknowledge all the hard work of the Recovery College students and facilitators.
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 skills 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
Monday

Mornings

Let's Talk

Facilitator(s):
Katie Enright,
Peer Support Specialist

Course Type:
Leisure, Health and Wellness

Start / End Date:
January 8, 2018 – February 5, 2018

Start / End Time:
10:30 AM - 11:30 AM

Number of Sessions:
5

What will we do?
Each week, a friendly discussion will take place over refreshments on what is of interest and importance to the participants. This is a social, safe place to share, and hot topics such as politics, religion are avoided and we agree to disagree instead of debating. We will discuss and come to a comfortable agreement everyone feels good about prior to beginning the session.

What will you learn?
- Socializing
- Interpersonal Communication Practice
- Information Sharing
- Peer Support
- Developing connections with others

Location:
Group Room #4, Building 3, Level 1

Stress Relievers: A Guide to Sensory Tools

Facilitator(s):
Melissa Geary,
Recreation Therapist

Course Type:
Leisure, Health and Wellness

Date:
January 29, 2018

Start / End Time:
10:30 AM - 12:00 PM

Number of Sessions:
1

What will we do?
We have all experienced stress and understand the effects it can have on us. Stress Relievers workshops are designed to provide you with practical tools and interactive activities that will help promote a sense of wellbeing. We will be exploring and making homemade sensory tools that can help soothe and keep you focused when feeling anxious and or coping with stress.

What will you learn?
1. Minimize stress using sensory tools
2. Benefits of positive peer support through interaction, sharing and learning
3. Different relaxation techniques and activities to help reduce stress

Location:
OTN Room, Building 3, Level 1
### Women’s Only Stress Relievers: Relax and Pamper Yourself!

**Facilitator(s):** Melissa Geary, Recreation Therapist  
**Course Type:** Leisure, Health and Wellness  
**Date:** February 26, 2018  
**Start / End Time:** 10:30 AM - 12:00 PM  
**Number of Sessions:** 1

**What will we do?**  
The name speaks for itself! When was the last time you treated yourself? This workshop is designed with “you” in mind, and is for those who are interested in finding ways to become “pampered”. This woman’s only workshop will explore ways and methods of “how to treat yourself”. We will engage in different activities which could include learning and creating homemade soaps/bath bombs, body scrubs, lip balms and using aromas. Light refreshments provided for you to enjoy.

**What will you learn?**  
- The importance of celebrating successes  
- How to create homemade beauty products and cosmetics  
- How to boost self-esteem and confidence  
- How to have positive peer interaction  
- Different ways to help enhance self-care

**Location:**  
OTN Room, Building 3, Level 1

### Stress Relievers: Guided Relaxation and Breathing

**Facilitator(s):** Melissa Geary, Recreation Therapist  
**Course Type:** Leisure, Health and Wellness  
**Date:** April 2, 2018  
**Start / End Time:** 10:30 AM - 12:00 PM  
**Number of Sessions:** 1

**What will we do?**  
We have all experienced stress and understand the effects it can have on us. Stress Relievers workshops are designed to provide you with practical tools and interactive activities that will help promote a sense of wellbeing. In this workshop you will have an opportunity to enjoy relaxation scripts, deep breathing and relaxation based activities. Come join this calm, quiet and relaxing workshop!

**What will you learn?**  
1. Minimize stress using guided relaxation scripts and deep breathing.  
2. Benefits of positive peer support through interaction, sharing and learning.  
3. Different guided relaxation techniques and scripts to help reduce stress

**Location:**  
OTN Room, Building 3, Level 1
Monday
Afternoons

Life Skills – Session A or B

Facilitator(s):
Erin Sawyer,
Vocational Counsellor

Course Type:
Skills Development

Start / End Date:
(Session A)
January 8, 2018 –
February 12, 2018

Start / End Date:
(Session B)
February 26, 2018 –
April 2, 2018

Start / End Time:
1:00 PM - 3:00 PM

Number of Sessions:
6

What will we do?
This course is experiential in nature, the learner participates in a variety of activities in order to gain skills to apply in their every day life.
The purpose of Life Skills training is to assist individuals to think through problems for themselves and to make their own decisions.
The ultimate outcome is not necessarily a better solution to the problem but greater confidence and skill development by exploring a variety of topics such as Problem Solving, Trust, Self Esteem, Relationships etc.

What will you learn?
• to enhance student’s problem-solving skills and make their own decisions
• to apply their learning in every day life
• to increase confidence and skill development

Location:
OTN Room, Building 3, Level 1
**Photo Skills**

**Facilitator(s):**
Stella Ducklow, Peer Support Specialist
Jordan Leroux, Communications Coordinator

**Course Type:**
Self-Discovery and Identifying Strengths

**Start / End Date:**
January 8, 2018 – January 29, 2018

**Start / End Time:**
1:00 PM - 2:30 PM

**Number of Sessions:**
4

**What will we do?**
During this four-week photo skills group, students will learn technical photography skills by experimenting with different angles, lighting, and camera tricks during in-class exercises. This is a great course for any student who has a passion for photography and would like to learn practical skills to really make their pictures shine!

**What will you learn?**
Students will learn basic photography terminology, composition, lighting, and a few cool tricks.

*Please note: cameras will be provided*

**Location:**
The Conference Place, Building 5, Level 2

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**Alive to Thrive**

**Facilitator(s):**
Stella Ducklow, Peer Support Specialist

**Course Type:**
Self-Discovery and Identifying Strengths

**Start / End Date:**
February 26, 2018 – March 19, 2018

**Start / End Time:**
1:00 PM - 2:30 PM

**Number of Sessions:**
4

**What will we do?**
Alive to Thrive is a four week course that focuses on building resilience in the face of adversity. Students taking Alive to Thrive Will:

- Practice keeping a gratitude journal
- Participate in group discussions about resilience
- Experiment with art activities about self-discovery

**What will you learn?**
During this group you will learn skills such as identifying positive emotions, practicing gratitude, achieving self-care goals, and finding meaning in the struggle.

**Location:**
Group Room #4, Building 3, Level 1
Love Yourself First – Session A or B

Facilitator(s):
Lauren Novak,
Vocational Counsellor
Martha Hopkins

Course Type:
Skills Development

Start / End Date:
(Session A)
January 8, 2018 –
February 5, 2018

Start / End Date:
(Session B)
February 26, 2018 –
March 26, 2018

Start / End Time:
1:00 PM - 3:00 PM

Number of Sessions:
5

What will we do?
Has your self-esteem taken a hit because of your mental health? Do you feel you’d be way better off if you had more self-esteem? If you answered yes, then this is the group for you. It’s time to make YOU a priority!

What will you learn?
Students will learn to:
1. Evaluate self-esteem
2. Build a positive self-image
3. Identify their unique skills set
4. Adopt the core belief that THEY are important

Location:
ACE Classroom, Vocational Services, Building 3, Level 1
**Art Café**

**Facilitator(s):**
- Amanda O'Keefe, Recreation Therapist
- Alex

**Course Type:**
Leisure, Health and Wellness

**Start / End Date:**
February 19, 2018 – April 2, 2018

**Start / End Time:**
1:00 PM - 2:30 PM

**Number of Sessions:**
7

**What will we do?**
We provide a welcoming environment for all participants who want to learn new skills or to expand their current artistic and creative abilities. No experience in art is required; all we ask is that you bring a willingness to try new things, embracing art. We promote choice and autonomy; you can choose to draw independently or engage in the lessons we provide. All materials are provided. We focus on different mediums such as watercolor, acrylic, charcoal and coloring. Light refreshments are provided.

**What will you learn?**
Participating in the Art Café program will enhance your creativity allowing opportunities for self expression. You will learn different techniques such as shading, shadowing using sketching and/or painting. Participants will learn that art can be used in reducing stress and promoting relaxation.

**Location:**
Drop-In Centre, Canteen, Building 1, Level 1

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**Walk and Talk**

**Facilitator(s):**
- Katie Enright, Peer Support Specialist

**Course Type:**
Leisure, Health and Wellness

**Start / End Date:**
March 5, 2018 – March 26, 2018

**Start / End Time:**
2:45 PM - 3:45 PM

**Number of Sessions:**
4

**What will we do?**
Come beat the winter blues by getting your heart pumping and socializing for an hour! We will be taking a brisk walk doing laps around the facility while connecting with each other, which can contribute to increased feelings of well-being.

**What will you learn?**
- Get some exercise
- Socialize
- Have fun
- Increase general feeling of well-being

**Location:**
Meet at the Peer Support Office, Building 3, Level 1
**A Taste of Italy!**

**Facilitator(s):**
Melissa Geary, Recreation Therapist  
Carrie Cruickshank, Peer Support Specialist  

**Course Type:**
Leisure, Health and Wellness  

**Date:**
February 12, 2018  

**Start / End Time:**
4:30 PM - 7:00 PM  

**Number of Sessions:**
1  

**What will we do?**
Ciao!! During this 2 hour workshop, we will expose you to the European cuisine of Italy! Italy is known for its enchanting vineyards, leaning tower a Pisa, Italian charm, and of course it’s delicious cuisine! We will explore the traditions and culture of Italy through discussion and interactions as well as cooking. As a starter to the meal we will prepare an authentic Italian appetizer. The main dish you will be learning to cook and prepare will be baked tortellini.

**What will you learn?**
You will learn to cook an Italian recipe, and all of the skills required such as: set up, preparation of cooking, clean up, etc. Gain insight and more appreciation of a different culture.

**Location:**
Kitchen, Building 3, Level 1

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**Greece the Pan!**

**Facilitator(s):**
Melissa Geary, Recreation Therapist  
Carrie Cruickshank, Peer Support Specialist  

**Course Type:**
Leisure, Health and Wellness  

**Date:**
March 5, 2018  

**Start / End Time:**
4:30 PM - 7:00 PM  

**Number of Sessions:**
1  

**What will we do?**
During this 2 hour workshop, we will expose you to Greek cuisine! Greece is famous for many different reasons including it’s olives, Olympic Games, historical sites and of course the delicious cuisine. We will explore the traditions and culture of Greece through discussion and interactions as well as cooking. We will be cooking and sampling traditional Greek food including Souvlaki, Pita bread, Greek Salad and more!

**What will you learn?**
You will learn to cook a Greek recipe, and all of the skills required such as: set up, preparation of cooking, clean up, etc. Gain insight and more appreciation of a different culture.

**Location:**
Kitchen, Building 3, Level 1
Caribbean Cooking

Facilitator(s):
Melissa Geary, Recreation Therapist
Carrie Cruickshank, Peer Support Specialist

Course Type:
Leisure, Health and Wellness

Date:
March 26, 2018

Start / End Time:
4:30 PM - 7:00 PM

Number of Sessions:
1

What will we do?
During this 2.5 hour workshop, we will expose you to one of the most popular tropical Caribbean Islands, Jamaica. Jamaica is known for its lush topography of mountains, rainforests, and reef-lined beaches. We will explore the traditions and culture of Jamaica through discussion and interactions as well as cooking. The dish you will be learning to cook is “Jerk Chicken, Rice and Peas and fried dumplings.”

What will you learn?
You will learn to cook a Jamaican recipe, and all of the skills required such as: set up, preparation of cooking, clean up etc. Participants will be exposed to the food of a different culture.

Location:
Kitchen, Building 3, Level 1
### When Anxiety and Panic Attack

**Facilitator(s):**  
Katie Enright,  
Peer Support Specialist

**Course Type:**  
Self-Discovery and  
Identifying Strengths

**Start / End Date:**  
February 27, 2018 –  
April 3, 2018

**Start / End Time:**  
10:00 AM - 11:15 AM

**Number of Sessions:**  
6

**What will we do?**  
This is a peer-led 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. Also, we will talk about building resiliency and lifestyle factors that can help or harm us when living with panic and anxiety.

**What will you learn?**  
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 teach each other new techniques by sharing what has worked for us.

**Location:**  
Group Room #4, Building 3, Level 1
Men’s Group

Facilitator(s):
John Dick,
Patient Council Coordinator
Kent Malkin

Course Type:
Leisure, Health and Wellness

Start / End Date:
January 9, 2018 – February 13, 2018

Start / End Time:
11:00 AM - 12:00 PM

Number of Sessions:
6

What will we do?
The purpose of this group is to better understand the issues that males face that are important to them. We will openly discuss these in a caring environment, supporting each other as we grow in our recovery and further develop, listening, supporting and problem solving skills.

What will you learn?
To create a time for males to discuss important issues.

Location:
OTN Room, Building 3, Level 1
Tuesday

Afternoons

**Digital Storytelling**

**Facilitator(s):**
Stella Ducklow,
Peer Support Specialist

**Course Type:**
Self-Discovery and
Identifying Strengths

**Start / End Date:**
February 27, 2018 –
April 3, 2018

**Start / End Time:**
12:30 PM - 2:00 PM

**Number of Sessions:**
6

**What will we do?**
Digital storytelling is a new way for people from all walks of life to share their personal stories using technology. In this course students will use visual imagery, narration, sound effects and editing software to craft a 'Micromovie' about their experiences.

**What will you learn?**
Students in this course will:

- Learn about creating an impactful story using digital tools
- Experiment with basic video editing software
- Craft a narrative about their experiences to share with others

**Location:**
Group Room #4, Building 3, Level 1
**Tell Your Story**

**Facilitator(s):**
Stella Ducklow, Peer Support Specialist  
Chris Osbourne

**Course Type:**
Self-Discovery and Identifying Strengths

**Start / End Date:**
January 9, 2018 – February 13, 2018

**Start / End Time:**
12:30 PM - 2:00 PM

**Number of Sessions:**
6

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**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. Students in this group will shape their personal narratives piece by piece each week by creating written responses to questions about personal recovery.

**What will you learn?**
Students in ‘Tell Your Story’ will:
- Engage in discussions with their peers about their journey
- See examples of how other people have shared their stories
- Have time to reflect on what recovery means to them
- Have opportunity to share their story with larger groups

**Location:**
Group Room #4, Building 3, Level 1
Building Better Boundaries – Session A or B

Facilitator(s):
Lauren Novak, Vocational Counsellor
Martha Hopkins

Course Type:
Skills Development

Start / End Date:
(Session A)
January 9, 2018 – February 13, 2018

Start / End Date:
(Session B)
February 27, 2018 – April 3, 2018

Start / End Time:
1:00 PM - 3:00 PM

Number of Sessions:
6

What will we do?
Do you know how to identify your boundaries? Are you comfortable saying "No," if someone crosses your boundaries? Would you like to learn how to set personal boundaries and feel confident executing them? If so, then this is the course for you!

What will you learn?
1. Discover what a boundary is and how you can establish ones that work for you.
2. Learn how your boundaries can both protect and promote yourself.
3. Understand how to use boundaries to help you achieve your goals and dreams.
4. Recognize how respectful boundaries can bring value to your mental, emotional and physical health.

Location:
ACE Classroom, Vocational Services, Building 3, Level 1
Paper Craft Workshop - Flower Power

Facilitator(s):
Julie Murray, Recreation Therapist
Karla Gordon

Course Type:
Leisure, Health and Wellness

Date:
January 16, 2018

Start / End Time:
2:00 PM - 4:00 PM

Number of Sessions:
1

What will we do?
During this workshop you will create an art piece that is based upon the theme of flowers. Oftentimes it is nicer to be able to create a craft project. You will be able to keep this for yourself or give it away as a gift to another.

Artistic techniques will vary and range from simple to more complex. An example of the project will be available to look at and instructions on how to make them will also be provided so that you can make others or variations of the ones learned in this workshop. You will be able to complete this during the 2 hour time frame. All supplies will be provided.

What will you learn?
• Participants will create an inspired art piece which uses flowers as the main theme
• Participants will have the opportunity to socialize with people who share similar interests while creating their own cards in an inviting and comfortable setting.
• Participants will actively and fully participate in the hands-on workshop.

Location:
Room 3-1058, Building 3, Level 1
Paper Craft Workshop - Birthday Card Making

Facilitator(s):
Julie Murray, Recreation Therapist
Karla Gordon

Course Type:
Leisure, Health and Wellness

Date:
February 20, 2018

Start / End Time:
2:00 PM - 4:00 PM

Number of Sessions:
1

What will we do?
During this workshop you will create several different styles of cards that can be given away. Often times it is nicer to be able to create a card for someone’s birthday. You create something specifically for them and they know you spent extra time thinking about them.

We will use several different art techniques in the cards that will range from simple to more challenging. An example of each card style will be available to look at and instructions on how to make them will also be provided so that you can make others or variations of the ones learned in this workshop. You will be able to complete this during the 2 hour time frame. All supplies will be provided.

What will you learn?
• Participants will explore a variety of card styles that can be kept or given away
• Participants will have the opportunity to socialize with people who share similar interests while creating their own cards in an inviting and comfortable setting.
• Participants will engage their creativity while completing their personalized cards.
• Participants will actively and fully participate in the hands-on workshop.

Location:
OTN Room, Building 3, Level 1
Paper Craft Workshop - Creating Your Own Mandala

Facilitator(s):
Julie Murray, Recreation Therapist
Karla Gordon

Course Type:
Leisure, Health and Wellness

Date:
March 20, 2018

Start / End Time:
2:00 PM - 4:00 PM

Number of Sessions:
1

What will we do?
During this workshop you will create personal mandala. Oftentimes it is nicer to be able to create a craft project; you decide if you keep this for yourself or give it away as a gift.

Artistic techniques will vary and the difficulty range will be up to you. An example of the project will be available to look at and instructions on how to make them will also be provided so that you can make others or variations of the ones learned in this workshop. You will be able to complete this during the 2 hour time frame. All supplies will be provided.

What will you learn?
- Participants will create an inspired mandala
- Participants will have the opportunity to socialize with people who share similar interests while creating their own cards in an inviting and comfortable setting.
- Participants will engage their creativity while completing their mandala.
- Participants will actively and fully participate in the hands-on workshop.

Location:
OTN Room, Building 3, Level 1
**LGBTQ+ Support Group**

**Facilitator(s):**
Doug Greenfield, Case Worker

**Course Type:**
Self-Discovery and Identifying Strengths

**Start / End Date:**
January 9, 2018 – March 13, 2018 (no classes on February 13th and February 20th)

**Start / End Time:**
2:00 PM - 3:30 PM

**Number of Sessions:**
8

**What will we do?**
The Lesbian, Gay, Bisexual, Transgendered, Questioning/Queer + communities experience mental health challenges similar to the rest of the population. However, evidence suggests that we are also three times more likely to experience challenges with growing positive mental health.

**What will you learn?**
In a safe and supportive environment, we will explore in open discussion how we are affected by:
- Stigma/prejudice
- Challenges with "coming out"
- Discovering sexual orientation/gender identities
- Minority stress
- Substance use/abuse
- Disparities in care along with other areas of concern that act as barriers to wellness. The group will collectively explore coping strategies to reduce identified barriers.

**Location:**
Group Room #4, Building 3, Level 1

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**Moments of Music and Pockets of Poetry**

**Facilitator(s):**
Katie Enright, Peer Support Specialist
Amy McDonald

**Course Type:**
Leisure, Health and Wellness

**Start / End Date:**
January 9, 2018 – February 13, 2018

**Start / End Time:**
2:30 PM - 3:30 PM

**Number of Sessions:**
6

**What will we do?**
Music and poetry are a vital form of self-expression and healing, and help us on our journey on the road to recovery. This six week course, alternating with a weekly focus between music and poetry, allows us to share the music and words that move us and help us to heal.

**What will you learn?**
- To share with others what inspired us on our recovery journey
- To possibly inspire someone else
- Creative expression

**Location:**
OTN Room, Building 3, Level 1
Wednesday

Mornings

Recovery College 101 (drop-in, no registration required)

Facilitator(s):
Allison Stevens,
Recovery College Leader

What will we do?
This course provides information about the Recovery College at Ontario Shores. You can drop in on any one of the Recovery College 101 workshops to learn about what the Recovery College is and how to enroll.

Course Type:
Learning and Understanding

What will you learn?
You will learn about what the Recovery College is, and what the Recovery College is not. You will also learn about the different courses in the College, how to register and how to become a student.

Dates:
January 24, 2018 OR
February 21, 2018 OR
March 21, 2018

Start / End Time:
10:00 AM - 11:00 AM

Location:
Lecture Theatre, Building 5, Level 2

Travelogue: Solving the Challenges of Travel

Facilitator(s):
Nicole Meens Miller,
Vocational Instructor
Clark Lord

What will we do?
In this course, we will learn about travelling options for individuals who may require special accommodations. We will explore the options available and develop our understanding of how to self-advocate for travel. Clark will share some of his personal experiences with travelling.

Course Type:
Leisure, Health and Wellness

What will you learn?
1. Getting past doubt and fear
2. Identifying your needs/barriers
3. Securing appropriate documentation
4. Asking for what you need
5. Learning about medical insurance

Start / End Date:
January 10, 2018
January 24, 2018
February 7, 2018

Start / End Time:
9:00 AM - 10:00 AM

Location:
Group Room #4, Building 3, Level 1

Number of Sessions:
3
Zen and the Art of Financial Management

Facilitator(s):
Nicole Meens Miller, Vocational Instructor
Clark Lord

Course Type:
Skills Development

Start / End Date:
March 7, 2018
March 21, 2018
April 4, 2018

Start / End Time:
9:00 AM - 10:00 AM

Number of Sessions:
3

What will we do?
During this workshop series we will learn about Clark's journey learning about how to budget and manage his financial affairs. We will learn about the importance of budgeting for now and the future. We will learn from a financial expert about what products and services are available to help us manage our finances.

What will you learn?
1. How to set a budget.
2. How to manage a budget (paying bills on time, understanding contracts).
3. How to work with a substitute decision maker.
4. What tools/services are available to manage finances.
5. The importance of long-term planning.

Location:
Group Room #4, Building 3, Level 1

Knowing Your Source: Finding Quality Mental Health Information Online

Facilitator(s):
Mary McDiarmid, Librarian

Course Type:
Learning and Understanding

Dates:
February 21, 2018 OR
March 21, 2018

Start / End Time:
10:00 AM - 12:00 PM

Number of Sessions:
1

What will we do?
We'll learn about the benefits and risks of mental health information on the internet and discover how to judge the quality of a website. We will learn to use the TrustItorTrashIT tool. We'll learn about how to search for information using the internet and online databases. We'll walk through a live search on PubMed and find free full text articles about mental health.

What will you learn?
We will discover how and where to look for reliable mental health information online and learn to use high quality, freely available resources such as PubMed and MedlinePlus.

Location:
Corporate Training Room, Building 7, Level 1
Personality Dimensions

Facilitator(s):
Erin Sawyer,
Vocational Counsellor

Course Type:
Self-Discovery and
Identifying Strengths

Dates:
January 31, 2018 OR
March 28, 2018

Start / End Time:
10:00 AM - 12:00 PM

Number of Sessions:
1

What will we do?
Personality Dimensions® is about understanding yourself and others so you can be more effective in your relationships, your work ... your life. Everyone is different ... we come in all varieties and understanding our own values, strengths, joys and stressors and those of everyone we interact with provides a great foundation for communication. Knowing some of the ways people are different assures us that we are okay in our own uniqueness and that we aren't alone in some of our idiosyncrasies. In this workshop you will complete a Mini Personality Dimensions Assessment to learn your unique colour "spectrum" to be able to apply your learning to your every day life.

What will you learn?
• Express yourself appropriately
• Improve personal relationships
• Learn more about your personal strengths and areas of improvement
• Narrow gaps and differences
• Identify potential problems early
• Support and encourage others

Location:
Group Room #4, Building 3, Level 1
Wednesday

Afternoons

**Mindfulness Strategies**

**Facilitator(s):**
Allison Stevens, Recovery College Leader
Clark Lord

**Course Type:**
Skills Development

**Date:**
March 21, 2018

**Start / End Time:**
1:00 PM - 2:30 PM

**Number of Sessions:**
1

**What will we do?**
This workshop will provide an introduction to mindfulness practice. It will combine meditation exercises with an overview of the theory behind how the practice can help to improve your overall stress level and wellbeing.

**What will you learn?**
- A better understanding of mindfulness strategies
- Insight into the science of how it changes the way we think, but also changes our brains
- Understanding of how mindful practice can assist in coping with stress
- Practical tools to incorporate mindfulness

**Location:**
Group Room #4, Building 3, Level 1

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**Bibliotherapy**

**Facilitator(s):**
Erin Sawyer, Vocational Counsellor

**Course Type:**
Skills Development

**Date:**
March 14, 2018

**Start / End Time:**
1:00 p.m. - 3:00 p.m.

**Number of Sessions:**
1

**What will we do?**
Bibliotherapy is an expressive therapy that involves the reading of specific texts with the purpose of healing. It allows individuals to analyze the passages being presented and to respond in a meaningful way with their own thoughts, stories and opinions. In this workshop, students will gather to discuss pre-selected passages on various topics related to mental health and wellness.

**What will you learn?**
1. Broaden their sense of self-awareness
2. Improve personal and social judgements
3. Increase their ability to handle and understand important life issues
4. Increase their empathy, tolerance, respect and acceptance of others

**Location:**
Group Room #4, Building 3, Level 1
Group Facilitation Skills Training

What will we do?
Do you have a skill that you would love to impart to others? When was the last time you stood in front of a group and felt confident delivering a presentation? This course will teach you the skills you 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 you learn?
Class participants will have an opportunity to:
- Gain presentation skills
- Increase social confidence
- Learn how to engage a group of individuals so that everyone participates
- Learn how to prepare lesson plans and deliver them with success
- Practice active listening skills
- Develop leadership skills

Location:
ACE Classroom, Vocational Services, Building 3, Level 1
Introduction to Guitar – Session A or B

Facilitator(s):
Brian Rose
Melissa Geary, Recreation Therapist

Course Type:
Leisure, Health and Wellness

Start / End Date:
(Session A)
January 10, 2018 – February 14, 2018

Start / End Date:
(Session B)
February 28, 2018 – April 4, 2018

Start / End Time:
1:00 PM - 2:30 PM

Number of Sessions:
6

What will we do?
Participants will be exposed to basic guitar skills: strumming, basic chords, and making music. We will listen to music, learn new techniques and have discussions about music.

What will you learn?
Participants will learn to familiarize themselves with the acoustic guitar, some basic skills associated with playing chords and have fun! Note: If you have a guitar, please bring it. Guitars will be provided for participants who do not have one.

Location:
Central Recreation, Building 2, Level 1
## Yoga – Session A or B

**Facilitator(s):**
Julie Murray, Recreation Therapist

**Course Type:**
Leisure, Health and Wellness

**Start / End Date:**
* (Session A)
January 10, 2018 – February 14, 2018

* (Session B)
February 28, 2018 – April 4, 2018

**Start / End Time:**
2:30 PM - 3:30 PM

**Number of Sessions:**
6

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### What will we do?
Facilitator will provide mats, blocks, straps and relaxing music. The purpose of this program is to assist the participants in developing cognitive and physical techniques for maintaining and/or improving balance, flexibility and strength. Additionally to better manage, and/or reduce stress in their daily lives. This program will incorporate discussion, instruction, demonstration and practice to enhance the participant’s opportunity to make the mind and body connection to wellness.

There is always potential injury through loss of balance or stretching beyond ability. Injury prevention includes education, warm up, modification, complementary exercises, teaching clients to respect/listen to their bodies and following appropriate exercise guidelines.

Yoga will be offered in the Multi-Faith Room.

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### What will you learn?
To develop, maintain and/or increase personal balance and flexibility through continuous participation in this program. The participant will be encouraged to follow instruction/cueing of instructor to demonstrate proper yoga/facilitated stretching techniques.

**Location:**
Multifaith Room, Building 5, Level 2
Thursday

Mornings

Women's Group

Facilitator(s):
Katie Enright,
Peer Support Specialist

Course Type:
Leisure, Health and Wellness

Start / End Date:
January 11, 2018 –
February 8, 2018

Start / End Time:
10:00 AM - 11:00 AM

Number of Sessions:
5

What will we do?
Women's Group focuses on building positive relationships with each other, providing a safe environment for women to feel comfortable sharing their experiences, and fostering personal growth. Topics and activities will be decided among the group weekly.

What will you learn?
• To share and promote positive coping tools with each other
• To build self-compassion
• To encourage women to speak up and express what they are thinking and feeling
• To empower women to feel connected to others and the world
• To provide social support
• To have some fun

Location:
OTN Room, Building 3, Level 1
Brain Busters - It’s fun keeping your mind sharp! – Session A or B

Facilitator(s):
Melissa Geary, Recreation Therapist

Course Type:
Leisure, Health and Wellness

Start / End Date:
(Session A)
January 18, 2018 – February 15, 2018

Start / End Date:
(Session B)
March 1, 2018 – March 29, 2018

Start / End Time:
10:30 AM - 11:45 AM

Number of Sessions:
5

What will we do?
Are you looking for a fun way to challenge your mind? Through this interactive course, participants will engage in games and brain teasers that stimulate the brain and offer unique challenges. Participants will be exposed to novel activities including brain teasers, brain games and logic puzzles. Participants will get the hands-on fun of working with a variety of resources including crosswords, sudoku, word searches, puzzles, word games, group games and more!

What will you learn?
Participants will learn how to access and use a variety of cognitive-based games, puzzles and activities that help to develop logical reasoning abilities. Participants will learn and experience the benefits of brain games and logic puzzles. This course will help participants boost brain activity, provide a sense of accomplishment, help enhance memory, improve concentration and provide fun ways to reduce boredom.

Location:
Group Room #4, Building 3, Level 1
**Creative CoLouRing! - Session A or B**

**Facilitator(s):**
Carrie Cruickshank, 
Peer Support Specialist

**Course Type:**
Leisure, Health and Wellness

**Start / End Date:**
(Session A)
January 11, 2018 –
February 8, 2018

(Session B)
February 22, 2018 –
March 22, 2018

**Start / End Time:**
11:00 AM - 12:00 PM

**Number of Sessions:**
5

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**What will we do?**
CoLouRing is a place to be creative even if you feel you aren't a creative person. Card stock colouring templates are provided as well as colouring materials, so you will not be faced with a blank page. Colouring can contribute to calmness, being focused, a general sense of well-being, and it is a good way for people to ground themselves. Plus it's fun! We will listen to music, chat, and refreshments are provided!

**What will you learn?**
To provide a venue for:
- Socializing
- Communication
- Relaxation
- Focus
- Calm
- Meaningful occupation
- Feelings of validation and achievement

**Location:**
OTN Room, Building 3, Level 1
Thursday
Afternoons

Wellness Recovery Action Plan

**Facilitator(s):**
Stella Ducklow,
Peer Support Specialist
Lindsay Ranger

**Course Type:**
Skills Development

**Start / End Date:**
January 11, 2018 – March 1, 2018

**Start / End Time:**
12:30 PM - 2:00 PM

**Number of Sessions:**
8

**What will we do?**
This 8-week course will teach you skills to help you take control of your own recovery! During the course, you will develop your own personalized wellness plan based on the five main tenets of WRAP: hope, personal responsibility, education, self-advocacy and support.

**What will you learn?**
- Tools that you can use daily to maintain your wellness
- How to identify your triggers and cope with them in the moment
- How to respond to signs that things are breaking down and when to involve supporters
- Crisis planning
- New ways to effectively advocate for yourself

**Location:**
Group Room #4, Building 3, Level 1
**Games R Us**

**Facilitator(s):**
Katie Enright, Peer Support Specialist
Anna H.

**Course Type:**
Leisure, Health and Wellness

**Start / End Date:**
January 11, 2018 – February 8, 2018

**Start / End Time:**
1:00 PM - 2:30 PM

**Number of Sessions:**
5

**What will we do?**
Come and play games with us! This is a group for those who enjoy playing games. We meet weekly and our sole purpose it to enjoy each other’s company and have fun!

**What will you learn?**
- Build relationships with others
- Develop new interests
- Give your brain a work out
- Have fun!

**Location:**
OTN Room, Building 3, Level 1
Advocacy

Facilitator(s):
Lauren Novak, Vocational Counsellor
Terrence Mc Govern

Course Type:
Skills Development

Start / End Date:
February 15, 2018 – March 15, 2018

Start / End Time:
1:00 PM - 2:30 PM

Number of Sessions:
5

What will we do?
Do you want your voice to be heard on issues that are most important to you? Are you looking to defend and safeguard your rights? Do you want your views and wishes to be considered when decisions are being made about your life? Advocacy is important because you are important!

Despite society's progress in the way it supports people with challenges, there is still a lot of unfairness, exclusion and general misunderstanding within the community. If you are passionate about standing up for your beliefs or are looking to find your voice, then this is the group for you!

What will you learn?
This course will teach you how to express your views and concerns effectively, access information and services, defend and promote your rights and explore choices and options. Each week will focus on one of the following themes:

1. Advocacy and the Importance of Self-Care
2. Advocating to Family and Friends
3. Advocacy within a Health Care Setting
4. Advocacy within the Workplace
5. Advocacy within the Community

Location:
ACE Classroom, Vocational Services, Building 3, Level 1
Crafter's Corner

Facilitator(s):
Katie Enright,
Peer Support Specialist

Course Type:
Leisure, Health and Wellness

Start / End Date:
March 8, 2018 – March 29, 2018

Start / End Time:
1:00 PM - 2:30 PM

Number of Sessions:
4

What will we do?
No experience necessary, this course is for anyone who has an interest in creative expression. We will meet weekly and complete a craft in a relaxed environment, listening to music with refreshments.

What will you learn?
• Creative expression
• To discover new hobbies and interests
• To socialize

Location:
OTN Room, Building 3, Level 1
Committed to a Healthier Lifestyle

Facilitator(s): Joanna Ramsay, Dietitian
Julie Murray, Recreation Therapist

Course Type: Leisure, Health and Wellness

Start / End Date: January 11, 2018 – March 1, 2018

Start / End Time: 2:00 PM - 3:30 PM
Number of Sessions: 8

What will we do?
The purpose of this program is to encourage each participant to learn about nutrition and physical fitness information while participating in a group discussion and fitness program. It has been proven that maintaining a healthy lifestyle decreases the risk of various illnesses and 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 aspect and the support of the Registered Dietitian and Recreation Therapist/Personal Trainer who facilitate this group. Topics covered will include: Healthy eating, portion sizes, label reading, menu planning and grocery shopping, the Physical Activity Guide, at home exercises, stress management and overall well-being while addressing questions that are brought forward by the participants. Participants will be provided with a variety of take-away resources.

What will you learn?
To develop, maintain and/or increase personal balance in healthy lifestyle through continuous participation in this program, while working on their healthy lifestyle goals.

Location:
Group Room #4, Building 3, Level 1
Laughter Yoga...because life’s better when you’re laughing!- Session A or B

Facilitator(s):
Melissa Geary, Recreation Therapist
Grace Williamson, Recreation Therapist

Course Type:
Leisure, Health and Wellness

Start / End Date:
(Session A)
January 11, 2018 – February 1, 2018

Start / End Date:
(Session B)
March 1, 2018 – March 22, 2018

Start / End Time:
2:15 PM - 3:45 PM

Number of Sessions:
4

What will we do?
Most people believe that you have to have a sense of humor to laugh, but Laughter Yoga has proven otherwise. Laughing for no reason is the core philosophy of Laughter Yoga methods. Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing. Anyone can laugh without relying on humor, jokes, or comedy. Science has proven that the body cannot differentiate between simulated and real laughter. Some of the most commonly asked questions about Laughter Yoga is do we need a sense of humor to laugh? How can we laugh when we don’t feel like laughing or when we are not in a good mood? Can we learn to laugh? Through this interactive course participants will learn the fundamentals of Laughter Yoga and participate in a variety of Laughter Yoga based exercises, Laughter Relaxation and Guided Mediation.

What will you learn?
Laughter yoga is a complete package for physical, mental, social and spiritual wellbeing. Participants will learn how to cultivate positive emotions through laughter, and how laughter can be used as a coping mechanism to help alleviate some uncomfortable emotions or stress. Participants will learn how laughter can enhance motivation and communication with others and foster positive mental attitude.

Location:
Multifaith Room, Building 5, Level 2
Photo Voice – Session A or B

Facilitator(s):
Stella Ducklow, Peer Support Specialist

Course Type:
Skills Development

Start / End Date:
(Session A)
January 11, 2018 – February 15, 2018

Start / End Date:
(Session B)
March 1, 2018 – April 5, 2018

Start / End Time:
2:30 PM - 4:00 PM

Number of Sessions:
6

What will we do?
Photo Voice is a creative tool used for health promotion and social change. It empowers participants to share their voice and experiences using photography. Photovoice participants will begin by asking themselves a question, such as, "What does mental health mean to me?" and then responding to that question using photography and descriptive text to create a final project that empowers and educates.

In this group, we will provide you with all of the tools and knowledge required to carry out a photovoice project. No experience in photography is required. We will provide support, tips and techniques to help guide and/or illicit ideas and/or inspiration.

What will you learn?
• Fostering empowerment and self-discovery, allowing creative and self-expression
• Reflecting on your photography independently or in a group setting
• Organizing your pictures for a personal or family album or for a gallery setting
• Engaging in group discussion about photography

Location:
OTN Room, Building 3, Level 1
**Introduction to Basic Computers**

**Facilitator(s):** Nicole Meens Miller, Vocational Instructor

**Course Type:** Vocational

**Dates:** March 13, 2018 **OR** March 27, 2018

**Start / End Time:** 3:00 PM - 4:00 PM

**Number of Sessions:** 1

**What will we do?**
This 60-minute workshop is designed for people who have little or no experience using the computer. Participants will learn some basic terminology and functions so that they can navigate a document or the Internet using the mouse and keyboard. It will open doors to additional learning opportunities available through Vocational Rehabilitation Services.

**What will you learn?**
- Learn basic computer terminology, including identifying computer hardware and software
- Find and understand functions of the keyboard
- How to use the mouse
- Recognize cursor shapes
- Learn how to save a document
- Review the basics of surfing the Internet
- Explore online safety
- How to Log off and Shut down

**Location:**
Corporate Training Room, Building 7, Level 1

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**Effective Communication**

**Facilitator(s):** Nicole Meens Miller, Vocational Instructor

**Course Type:** Skills Development

**Start / End Date:** January 18, 2018 – March 1, 2018

**Start / End Time:** 3:00 PM - 4:00 PM

**Number of Sessions:** 4

**What will we do?**
Would you like to improve your ability to communicate with others by developing more effective communication skills? In this course we will focus on learning to listen to understand and communicating clearly. We will address the reciprocity of communication and work on gaining comfort communicating with others.

**What will you learn?**
- Students will learn about the importance of communication skills. We will practice communicating with others to develop our communication skills. We will learn the skills of encouraging, use of questions, paraphrasing and summarizing. Students will have the opportunity to practice the skills of the basic listening sequence.

**Location:**
OSSEP Classroom, Vocational Services, Building 3, Level 1
StART Reflective Journaling – Session A or B

Facilitator(s):
Julie Murray,
Recreation Therapist

Course Type:
Self-Discovery and
Identifying Strengths

Start / End Date:
(Session A)
January 12, 2018 –
February 16, 2018

Start / End Date:
(Session B)
March 2, 2018 –
April 6, 2018

Start / End Time:
10:00 AM - 12:00 PM

Number of Sessions:
6

What will we do?
The purpose of this program is to provide a non-judgmental environment that encourages participants to reflect on the positives in their lives. This will be achieved through a loosely guided application of weekly themes while allowing participants to express their own creativity while participating in group discussion.

Themes that offer self-reflective opportunity will be introduced each week and may include but are not limited to a self-portrait, topics related to personal growth, health and personal strength as well as self-care. Participants will be provided with a variety of art supplies in order to facilitate creativity as well as on overall artistic concept to expand upon. There will be 6 reflective questions assigned for completion that encourage more self-reflection throughout the week however this is optional. Participants will be asked to share a part of their journal that they are pleased with at the start of the following week. Upon completion, participants are encouraged to re-read the journals for on-going reflection and continuation of their journal.

What will you learn?
To demonstrate an increased knowledge of art journaling strategies/techniques based upon weekly themes.

- Participants will recognize that you don't have to be an ""artist"" to create and keep your own art journal
- Participants will engage in various artistic techniques while completing their journal pages
- To provide a creative outlet to develop positive leisure awareness that encourages self-reflection.
- Participants will (re)create positive experiences, goals, etc. which enhance reflection, inspiration, and sentiment
- Participants will actively and fully participate in the discussion regarding the weekly theme in this program

Location:
OTN Room, Building 3, Level 1
### Medication and Mental Illness

**Facilitator(s):**
- Mehrdad Alizadeh, Pharmacist
- Zoran Dragicevic, Pharmacist

**Course Type:**
Learning and Understanding

**Start / End Date:**
January 12, 2018 – March 16, 2018

**Start / End Time:**
10:00 AM - 11:00 AM

**Number of Sessions:**
10

**What will we do?**
Helping participants understand the use of medication as a tool in symptom management of various mental health disorders. Participants will gain knowledge about pathophysiology and pharmacological treatments used in psychiatry today. Also some general information is provided regarding managing medication in the community.

**What will you learn?**
Participants will learn why, how long and what type of psychiatric drug therapies are needed for treatment of mental disorders.

**Location:**
Group Room #4, Building 3, Level 1