

COURSE TITLE	COURSE DESCRIPTION	Facilitators	Day of week	# of sessions	Dates
<p><b>Growing Gratitude</b></p>	<p><b>What we will do?</b>                      Gratitude is an emotion expressing appreciation for what one has. In this 4-week program, we will introduce participants to concepts of gratitude, as well as opportunities to practice gratitude interventions with an outcome of cultivating happiness. Awareness and knowledge of gratitude and the benefits it can have on your recovery and overall well-being</p> <p><b>What will you learn?</b>                      How to recognize and appreciate more ways to cultivate gratitude                      Different tools and interventions to apply gratitude within your lives.</p>	<p><b>Amanda O’Keefe, Recreation Therapist</b></p>	<p><b>Monday 10:00am-11:15am</b></p>	<p><b>4</b></p>	<p><b>January 18 – February 8</b></p>
<p><b>Conquering Loneliness</b></p>	<p><b>What will we do?</b>                      This program will explore the difference between being alone and feeling lonely. It will encourage peer discussion about the challenges of feeling disconnected from others and brainstorm ways to decrease feelings of loneliness and increase meaningful connections in our lives.</p> <p><b>What will you learn?</b>                      The group will provide a supportive environment in which to practice new communication skills and foster the confidence needed to reach out to others.</p>	<p><b>James Gasparini Peer Support and Keith Wilen Peer Support</b></p>	<p><b>Monday 1:00pm-2:15pm</b></p>	<p><b>4</b></p>	<p><b>January 4 – January 25</b></p>
<p><b>Understanding Anger and What Lies Beneath</b></p>	<p><b>What will we do?</b>                      This peer led group is intended to help people understand that anger is not an inherently negative emotion and that it does not have to be linked to aggressive behaviour.</p> <p><b>What will you learn?</b>                      Individuals will learn to recognize the unmet needs that lie beneath feelings of anger and learn to change the way they think about the things that happen in their lives in order to better meet their own unmet needs. This psycho-educational group will help people to identify unhelpful thinking patterns</p>	<p><b>Tanya Conlin Peer Support                      Keith Wilen Peer Support                      James Gasparini Peer Support</b></p>	<p><b>Tuesday 1:00pm-2:15pm</b></p>	<p><b>12</b></p>	<p><b>January 12 – March 30</b></p>

	and develop new coping strategies and new action plans for dealing with everyday stressors.				
<b>Peace Love Expressive Arts</b>	<p><b>What will we do:</b> This group emphasizes the creative process while using different kinds of art and what it means to the person who is creating it. Often it is easier to create than it is to talk. So, it's not so much about what we create (although the result is pleasing) but how we get to the end result. During this group we will explore painting, poetry, music, collages, safe spaces, colours and more as we create a journey that invites participants to consider each person's unique story. The expressive arts program is about sharing stories, finding your voice, making meaningful connections and discovering new tools for personal awareness and recovery.</p> <p><b>What will we learn:</b> Each weekly session will have goals specific to the activity. There will be <b>4 new sessions</b> added to this program, however the overall goals of this 8-week program include:</p> <ul style="list-style-type: none"> <li>• actively engaging in the process of creating art without fear or self-criticism,</li> <li>• demonstrating a personal connection between the artistic experience and emotions,</li> <li>• utilizing creative expression to connect as a cohesive group and</li> <li>• utilizing art to tell a personal story about self and/or recovery.</li> </ul>	<b>Julie Murray, RT</b>	<b>Tuesday 3:00pm-4:00pm</b>	<b>8</b>	<b>January 5 – February 23</b>
<b>When Anxiety and Panic Attack</b>	<p><b>What will we do?</b> 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</p>	<b>Keith Wilen Peer Support and James Gasparini Peer Support</b>	<b>Wednesday 1:00pm-2:15pm</b>	<b>6</b>	<b>January 6 – February 10</b>

	<p>living with panic and anxiety.</p> <p><b>What will you learn?</b></p> <p>We will speak generally about what happens in the body during anxiety and panic attacks, and why the unpleasant symptoms occur in order to decrease fear during an attack. We will also learn tools for dealing with anxiety in general. We will teach each other new techniques by sharing what has worked for us.</p>				
<p><b>Low Intensity Interval Training &amp; Full Body Stretching</b></p>	<p><b>What will we do:</b></p> <p>Exercising at home, what can we do when we don't have any equipment or know how to get started. This program will provide you with a 20-minute low intensity, interval training (LIIT) program that does not require any equipment and can be done at your fitness level. A 20-minute full body stretch will follow the LIIT program. Each week will provide you with a new routine that will build your confidence, improve your overall health and gives you the ground work to do the exercises on your own.</p> <p><b>What will we learn:</b></p> <ul style="list-style-type: none"> <li>• To learn new ways to exercise that do not involve going to the gym and that are safe at home</li> <li>• To develop a new exercise workout routine that can be done anywhere and with minimal equipment.</li> <li>• To become more physically active, which not only will help you feel better but assist managing your stress levels.</li> </ul>	<p><b>Julie Murray, RT</b></p>	<p><b>Wednesday 3:00pm-4:00pm</b></p>	<p><b>6</b></p>	<p><b>Session A</b>  <b>January 6 - February 10</b></p> <p><b>OR</b></p> <p><b>Session B</b>  <b>February 17 - March 24</b></p>
<p><b>Coping with Grief and Loss</b></p>	<p><b>What will we do?</b></p> <p>Grieving and Loss are a part of life. They both come in many forms and everyone reacts differently. Living with grief and loss can be hard, especially in the beginning. This peer-facilitated support group will give participants the opportunity to share their stories in a safe and confidential environment.</p> <p><b>What will you learn?</b></p> <p>Attendees will learn tools and strategies to support</p>	<p><b>James Gasparini Peer Support and Keith Wilen Peer Support</b></p>	<p><b>Thursday 1:00pm-2:15pm</b></p>	<p><b>4</b></p>	<p><b>January 7 – January 28</b></p>

	themselves in their own recoveries from grief and loss.				
<b>Committing to a Healthier Lifestyle</b>	<p><b>What will we do:</b> The purpose of this program is to encourage each participant to learn about complimentary nutritional 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.</p> <p><b>What will we learn:</b> Each weekly session will have goals specific to the activity.</p> <ul style="list-style-type: none"> <li>• To identify strategies that enables an increase in physical activity and improved dietary habits through weekly discussion and goal identification.</li> <li>• To develop, maintain and/or increase personal balance in healthy lifestyle through continuous participation in this program while meeting their goals.</li> <li>• The participant will actively and fully participate in both the discussion and physical segment of this weekly program.</li> </ul>	<b>Julie Murray, RT &amp; Joanna Ramsay, RD</b>	<b>Thursday 3:00pm-4:00pm</b>	<b>8</b>	<b>January 7 - February 25</b>
<b>Open Peer Discussion Group</b>	<p><b>What will we do:</b> During this unprecedented time, it is important now, more than ever, to maintain connections with like-minds, those that are a part of our peer support system. The purpose of this open discussion workshop is to touch base virtually and learn from one another by sharing how we're managing during this difficult time.</p> <p><b>What will we learn:</b> In this group we will learn to support one another in our recoveries in a safe and confidential environment, and discuss how connection plays a vital role in our mental health.</p>	<b>James Gasparini Peer Support and Keith Wilen Peer Support</b>	<b>Friday 1:00pm-2:15pm</b>	<b>6</b>	<b>January 8 – February 12</b>

<p><b>My Best Self</b> <b>Session B</b></p>	<p><b>What will we do:</b> This program focuses on discovering characteristics about yourself and developing a deeper understanding of your True Self. Building a positive identity can support a more positive life and wellbeing. Through interactive discussions, activities and questionnaires, you will discover your inner character strengths, values, personality dimensions, communication and relationship style. You will also learn about your leisure preferences.</p> <p><b>You will learn:</b></p> <ul style="list-style-type: none"> <li>• Strategies to help build a more positive/authentic self, such as positive emotions, combating negative bias, gratitude, character strengths, personality dimensions etc.</li> <li>• How to interact as a group and build positive connections with one another.</li> </ul>	<p><b>Amanda O’Keefe,</b> <b>Recreation Therapist</b></p>	<p><b>Monday</b> <b>10:00am-</b> <b>11:15am</b></p>	<p><b>4</b></p>	<p><b>February 22-</b> <b>March 15</b></p>
<p><b>Dealing with Stigma</b> <b>Session B</b></p>	<p><b>What will we do?</b> It is all too common for individuals living with mental illness and addiction issues to be faced with many challenges in society. Although 1 in 5 Canadians will commonly experience a mental illness at some point in their lifetime, we still find ourselves facing discrimination and feel devalued in most everyday environments, including schools, the workplace, healthcare settings, urban communities, and even amongst our own families and friends.</p> <p>In this course we will explore a wide variety of ways of how we can collectively work towards combatting stigma and equip ourselves with the education needed to work towards a societal changed behaviour of acceptance.</p> <p><b>What will you learn?</b></p> <ul style="list-style-type: none"> <li>• What is stigma and the impact it has in our communities</li> <li>• Tips and tools to help combat stigma</li> <li>• How to deal with difficult people</li> <li>• How to face difficult questions</li> </ul>	<p><b>Keith Wilen</b> <b>Peer Support</b> <b>and James</b> <b>Gasparini</b> <b>Peer Support</b></p>	<p><b>Monday</b> <b>1:00pm-</b> <b>2:15pm</b></p>	<p><b>6</b></p>	<p><b>February 22 –</b> <b>March 29</b></p>

	<ul style="list-style-type: none"> <li>• Combat bullying</li> <li>• How to help educate others</li> </ul>				
<b>Coping with Current Events Session B</b>	<p><b>What will we do?</b> We will discuss how we are coping during the pandemic. We will discuss self-care, self-compassion, navigating the media, boundaries, and daily routines. We will look at tools and skills to support ourselves during the pandemic.</p> <p><b>What will we learn?</b> We will learn how we can implement healthy recovery-oriented habits into our lives during this difficult time.</p>	<b>James Gasparini Peer Support and Keith Wilen Peer Support</b>	<b>Wednesday 1:00pm-2:15pm</b>	<b>5</b>	<b>February 24 – March 24</b>
<b>Building Better Boundaries Session B</b>	<p><b>What will we do?</b> Do you know how to identify your boundaries? Are you comfortable saying "No," if someone crosses your boundaries? Would you like to learn how to set personal boundaries and feel confident executing them? If so, then this is the course for you!</p> <p><b>What will you learn?</b></p> <ul style="list-style-type: none"> <li>• Discover what a boundary is and how you can establish ones that work for you.</li> <li>• Learn how your boundaries can both protect and promote yourself.</li> <li>• Understand how to use boundaries to help you achieve your goals and dreams.</li> <li>• Recognize how respectful boundaries can bring value to your mental, emotional and physical health.</li> </ul>	<b>Keith Wilen Peer Support and James Gasparini Peer Support</b>	<b>Thursday 1:00pm-2:15pm</b>	<b>6</b>	<b>February 25 – April 1</b>
<b>Open Peer Discussion Session B</b>	<p><b>What will we do:</b> During this unprecedented time, it is important now, more than ever, to maintain connections with like-minds, those that are a part of our peer support system. The purpose of this open discussion workshop is to touch base virtually and learn from one another by sharing how we're managing during this difficult time.</p> <p><b>What will we learn:</b> In this group we will learn to support one another in our</p>	<b>James Gasparini Peer Support and Keith Wilen Peer Support</b>	<b>Friday 1:00pm-2:15pm</b>	<b>6</b>	<b>February 26 – April 9 (Good Friday April 2 – no class)</b>

Virtual Recovery College offerings: Winter semester January 4- April 2

	recoveries in a safe and confidential environment, and discuss how connection plays a vital role in our mental health.				
--	--	--	--	--	--