

Winter 2023 Course Guide

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A Revealing

It is a darkness which is enveloping and total.
No ambient light for reference or company.
Treading water is an ocean of no horizons,
no wind,
no hint of what direction hope may lie.

So, I tread water.

This, to me, is how I envisioned my illness,
my isolation.

Recovery College is the breaking of the dawn.
The dim, scattered light that reveals the truth,
that I am not alone in the water.
I am surrounded by others.
And as the sun rises and brightens,
Previously hidden life preservers and safety lines appear.

These are the tools of my survival.
Learning how to continue with the assistance of others,
who are learning to tread,
or have already found their life preservers.
Continued practicing of survival techniques prepares me for the coming night.

For darkness will come again.
And I am prepared with the knowledge
That I am not alone.
That I can tread the night.
That dawn will break.
That I will survive.

~ *By Martin Blatherwick*

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 needs assessment, co-production and course creation is conducted by recruiting students to co-produce courses, and to identify course objectives. Topics, associated content, and logistics are then all co-created. The courses are facilitated by peers, with lived experience, from each school and are supported by a peer support specialist from Ontario Shores. Some common themes of courses offered are: skill development, self-discovery, navigating services and resources, healthy lifestyle, and burnout and balance.

If you are interested in learning more about our Post-Secondary Recovery College please contact one of our Post-Secondary Peer Support Specialists:

Brooklyn Bastarache at (905)-430-4055 ext. 6979 or bastaracheb@ontarioshores.ca

Kennan Gregory at (905)-430-4055 ext. 6895 or Gregoryke@ontarioshores.ca

Sarah Reid at (905)-430-4055 ext. 6903 or reidsa@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 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 tutors are there to help offer information and support. They will help you select the courses that best support your learning goals. The tutors have lived experience with mental illness and know what it's like to experience and overcome challenges. They are friendly, welcoming peers who will discuss some of your hopes and aspirations to help shape your choices in the College.

Recovery College Mission, Vision, Values

Mission

To support individuals in their personal journey of recovery.

Vision

The Recovery College will transform the lives of individuals with mental health challenges by fostering recovery, connection, hope and inspiration through learning, self-discovery and skill development.

Values

- ✓ Recovery principles are visible in all aspects of the College
- ✓ A barrier-free approach highlighting the importance of lived experience and peer support, thus minimizing the distinction between “patients” and “staff” that perpetuate stigma and exclusion
- ✓ Capacity building in individuals with an emphasis on enabling participants to become experts in their own self-care and develop the skills they need for meaningful goal attainment, living and working
- ✓ Co-production between the mental health professional and the individual with lived experience
- ✓ Peer support, group learning and mutual collaboration in design and delivery of courses
- ✓ Choice, autonomy and self-determination
- ✓ Outreach and involvement in the local community

New this Semester

We are very excited to have some new offerings this semester (Creative Writing with the Four Seasons, Budget Bites: Eating Well on a Budget, Overcoming Barriers that Make Us Feel Stuck, Finding Your Voice: Putting Pen to Paper, and Watercolour Painting). We have both a Session A and Session B offering for Exploring Core Beliefs and Women’s Group is returning.

We also have a number of special events and workshops this semester. Feel free to see what we are offering and try out something new. These programs do not count toward your 4-course maximum. You can read more about this on pages 37-40 of our course guide



Registration Process

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

New Student Registration

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

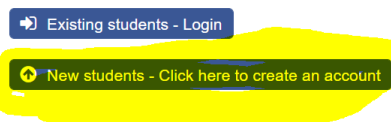
Learning and recovery - Courses provide education about mental illnesses, treatment, wellness and ultimately discovering or rediscovering passions, hope, and meaning. The Recovery College complements professional assessment and treatment by helping participants understand their challenges and learn how to manage them better to pursue their aspirations. It is a place where "lived experience" is blended with the expertise of mental health professionals to help participants develop meaningful goals for recovery. We look forward to accompanying you on your recovery journey!

Virtual Course Offerings

Virtual Courses will take place over the Zoom platform.

Registration:

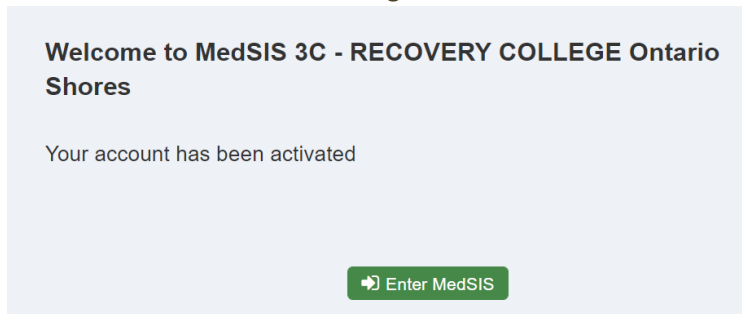
- All are welcome! Registrants are not required to be receiving services from Ontario Shores to be eligible.
- The winter semester begins on January 4th and runs through April 1st
- Registration is open beginning November 22, 2021



3. Enter your first name, last name, email and set a password that you will remember
Select > Sign Up
4. Go to your email inbox and locate the email to activate your account. The email will be

From: medsis@knowledge4you.com

5. Click on > Activate your account
6. You will then receive this message:



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

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

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

The screenshot shows the MedSIS 3C dashboard. On the left, under the 'Registration Requirements' tab for the '2022 Winter S' session, there are two items: 'Registration Form' with an 'Outstanding' status and 'Membership Agreement' with a 'Signature Required' status. A yellow circle highlights a 'details...' link at the bottom of this section. On the right, the 'Alerts' section contains two red circular notifications: one for the 'Registration Form' and another for the 'Membership Agreement Signature Required'. A 'details...' link is also visible at the bottom right of the alerts section.

10. Click on > details

11. Complete Registration Form & Membership Agreement

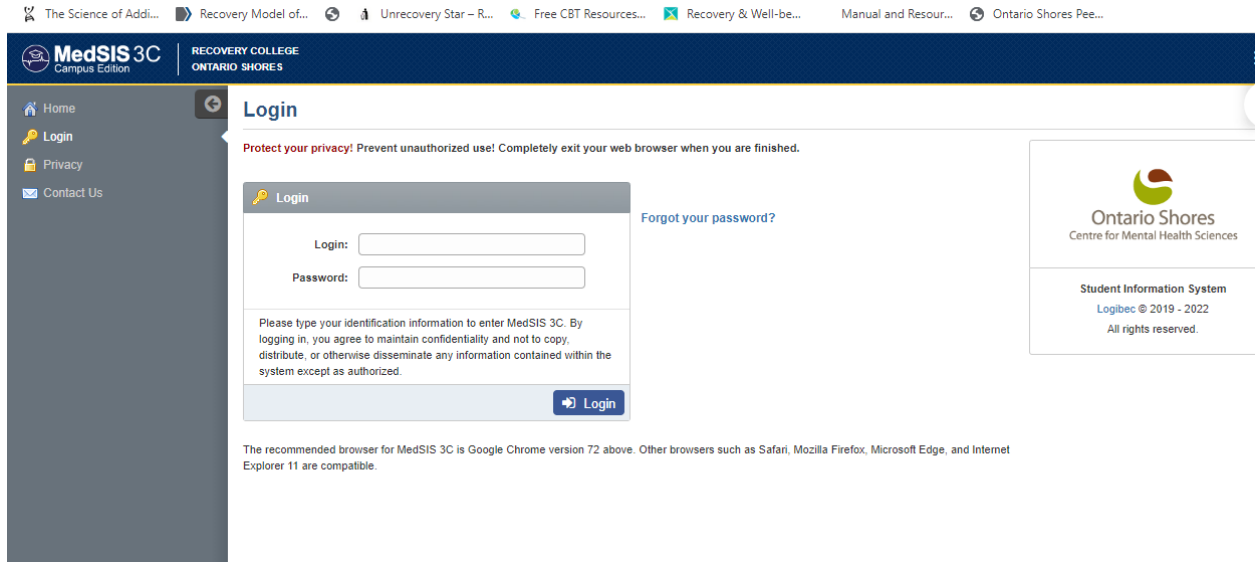
The screenshot shows the 'Requirements' section of the MedSIS 3C dashboard. It indicates that '2 out of 2' requirements are 'Not Completed'. The first requirement is the 'Registration Form', which has not been submitted yet. It has an 'Outstanding' status and a 'Start Registration' button highlighted in yellow. The second requirement is the 'Membership Agreement', which has not been signed yet. It has a 'Signature Required' status and a 'Sign Off' button highlighted in yellow.

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

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

Returning Student Registration

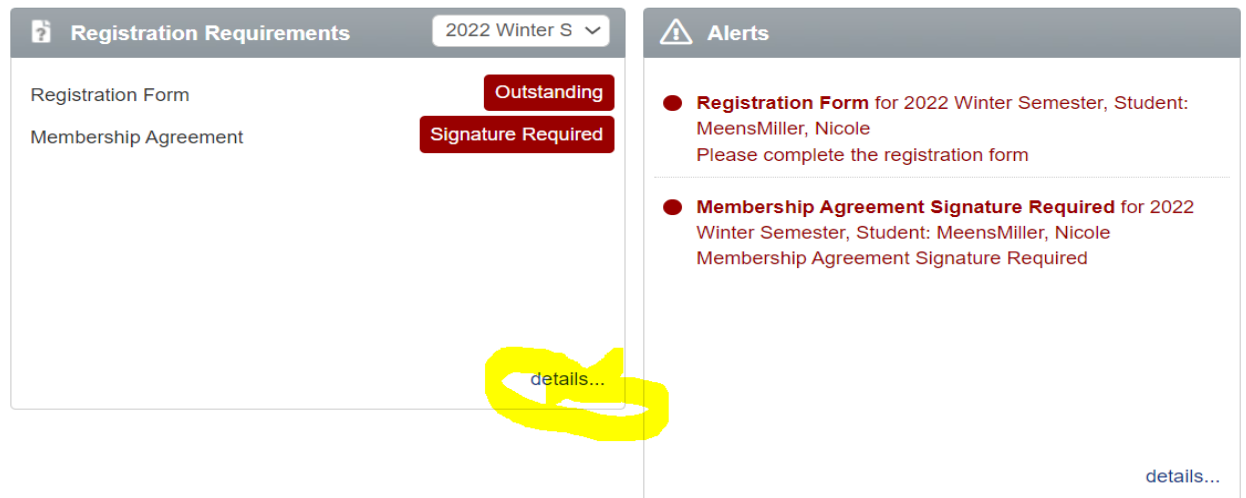
1. Visit <https://recoverycollege.ontarioshores.ca>
2. You then need use your credentials to log in:



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

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

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



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

☰ Requirements Session : 2022 Winter ... ▾

✗ Not Completed 2 out of 2

Registration Form Registration Form has not been submitted yet.	Outstanding ✗ 🕒 Start Registration
Membership Agreement Letter has not been signed yet.	Signature Required ✗ ✍ Sign Off

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

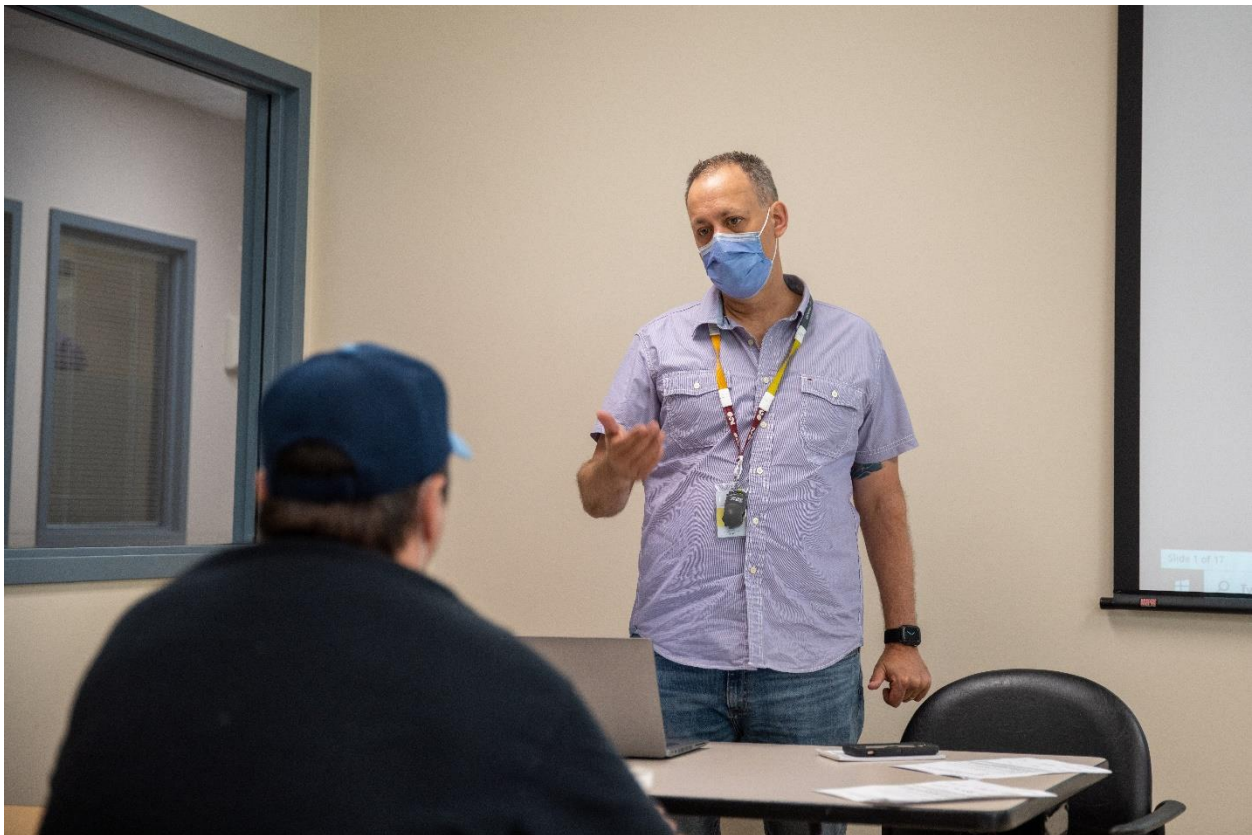
Recovery College Winter 2023 Semester: Virtual Schedule

Semester Dates:

January 3, 2023 to March 31, 2023 (No class – Monday, February 20 (Family Day))

Session A: January 3 - February 17

Session B: February 27 - March 31



Schedule at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	Learning about Mindfulness 11 weeks January 9 - March 27 Sue & Heather **No class February 20	Building Resiliency 12 weeks January 3 - March 21 Sue & Heather	Purposeful Living 12 weeks January 4 - March 22 Sue & Heather	Exploring Core Beliefs 6 weeks January 5 - February 9 Sue & Heather	Understanding Anger 6 weeks January 6 - February 10 Sue & Heather
				Exploring Core Beliefs 6 weeks February 16 - March 23 Sue & Heather	Understanding Burnout 6 weeks February 17 - March 24 Sue & Heather
10:30am-11:45am	Creative Writing with The Four Seasons 4 weeks January 9 - January 30 Julie & Krishna	Creative Self-Compassion 7 weeks January 10 – February 21 Emily	Learning About Mental Health Treatment Options A 6 weeks January 4 – February 8 Nicole	My Story My Voice 6 Weeks January 5 - February 9 Sue & Lori	
		Cultivating Happiness & Joy January 3 – February 7 6 weeks Nicole & Clark		Sit and Get Fit A 6 Weeks January 12 - February 16 Julie	Women’s Group 6 weeks January 6 – February 10 Leah & Chandra & Colleen
	Let’s Talk About Art 6 weeks February 13 – March 26 Nicole & Kati **No class February 20	Cultivating Happiness & Joy February 21 – March 28 6 weeks Nicole & Colleen	Learning About Mental Health Treatment Options B 6 weeks February 22 – March 29 Nicole	Sit and Get Fit B 5 Weeks Mar 2 - Mar 30 Julie	
				Finding Your Voice: Putting Pen to Paper 6 weeks February 23 – March 30 Clark & Nicole	

1:00-2:15pm	<p>CMHA Collaboration Co-Design Advocacy 6 weeks January 9 – February 13 Keith & Chandra</p>	<p>Committing to a Healthier Lifestyle 7 weeks January 10 - February 21 Julie & Joanna</p>	<p>Wellness Wednesday 7 weeks January 11- February 22 Julie & Emily</p>	<p>Coping with Depression 6 weeks January 5 – February 9 Keith & Chandra</p>	<p>Yoga A 6 weeks January 13 - February 17 Julie</p>
		<p>DMHS Collaboration Self-Esteem 6 weeks January 3 – February 7 Keith, Chandra & Michelle</p>	<p>Building Better Boundaries 6 weeks January 4 – February 8 Keith & Chandra</p>		
	<p>Overcoming Challenges 5 weeks February 27 – March 27 Keith & Chandra</p>	<p>DMHS Collaboration Anxiety and Panic 6 weeks February 21 – Mar 28 Keith, Chandra & Michelle</p>	<p>Self-Care 101 6 weeks February 22 – Mar 29 Keith & Chandra</p>	<p>Course Facilitation Skills Training 6 weeks February 23 – Mar 30 Keith & Nicole</p>	<p>Yoga B 6 weeks February 24 to Mar 31 Julie</p>
		<p>Budget Bites: Eating Well on a Budget 6 weeks February 21 – March 28 Olyvia & Nicole</p>			<p>Open Peer Discussion 6 weeks February 24 – Mar 31 Keith & Chandra</p>
3:00pm-4:15 pm	<p>Art Journaling 8 weeks January 9 – February 27 Julie & Emily **No class February 20</p>	<p>Guided Painting 3:00-4:45 6 weeks January 10 – February 14 Emily</p>		<p>Discovering Watercolour Painting 3:00-4:00 6 weeks January 12 -February 16 Ashley & Emily</p>	
			<p>Overcoming Barriers That Can Make Us Feel Stuck 6 weeks January 4 – February 8 John & Galen</p>		
5:30-7:00pm	<p>The Art of Craft 5:30-7:30 8 Weeks January 9- February 27 Emily **No class February 20</p>				

Events & Workshops

(Events and workshops do not count toward your 4-course limit)

Exploring Employment as Part of Your Recovery

March 1, 2023
1:00 pm – 2:15 pm

Getting to Know Your Library

Monday, January 16, 2023
1:00 pm – 2:15 pm

Full Day Workshop Opportunity

Mental Health First Aid

Tuesday, February 21, 2023
9:00 am – 5:00 pm

Patient and Family Advisor (PFA) Workshop

Monday, January 30, 2023
Or
Friday, February 10, 2023
Or
Wednesday, March 8, 2023
1:00 pm – 2:15 pm

No
registration
required!

Recovery College 101

Wednesday, January 6, 2023
Or
Wednesday, February 1, 2023
Or
Wednesday, March 1, 2023
Or
Wednesday, April 5
10:30 am – 11:30 am

There is no need to sign up for this course, feel free to drop in at the following link:
<https://us06web.zoom.us/j/81275116727?pwd=d0lkbDFnNG55UHI3elhHdU5wTWVZz09b>

Resume Building 101

March 22, 2023
1:00 pm – 2:15 pm

We Care Well: Recovery Workshop Series for Family Caregivers

Thursday, January 12, 2023 & Thursday, January 26, 2023 & Thursday, February 9, 2023
1:00 pm – 2:15 pm

Monday Mornings

Learning About Mindfulness

Facilitator(s):

Sue Hie
RPN

Heather Morhorn
RPN

Course Type:

Learning and
Understanding

Start / End Date:

(Session A & B)

January 9 – March 27

- No class on Monday,
February 20

Start / End Time:

9:00 AM - 10:15 AM

Number of Sessions:

11

What will we do?

Mindfulness is a tool that you can put in your tool belt to help you manage difficult situations and bring you back to the present moment. In this group, we will engage in both discussions with our peers and with the curriculum to learn about the 9 attitudes of mindfulness to help us set the stage for positive emotional experiences.

What will you learn?

- The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn
- To stay in the present in order to foster a positive and comfortable emotional state

Creative Writing with the Four Seasons

Facilitator(s):

Jullie Murray,
Recreation Therapist

Krishna
Peer Tutor

Course Type:

Self-discovery and
identifying strengths

What will we do?

We will be writing about our favourite happy places inspired by the four seasons. Sometimes we want to have a break to reflect upon happy seasonal memories. Other times we want to create imaginary happy places to go to in our minds. Both concepts will be explored in this creative writing class. Various writing styles are encouraged: journaling, poetry, prose, word association, songs, storytelling etc. - let the pen be our guide as we start with a stream of consciousness exercise. Let us find our own unique writing styles and nurture the words that bring us the most joy. This is an uplifting class with an encouraging vibe. Don't have time to write? No problem! While you're with us, we will carve out a weekly time to write together. Being part of a group can be very

Start / End Date:
(Session A)
 January 9 – January 30

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

Number of Sessions:
 4

motivating for exploring ideas we have had swirling around in our minds and have yet to bring out. There is something about writing that makes our daydreams more realistic. This is a safe space to listen to each other read our writing aloud or we can even write in the chat if we so choose at the end of each class. Although sharing what we write is encouraged, it is optional. What will we do? We will play song selections from a different season every week from Vivaldi's Four Seasons. The videos have picturesque scenery to gaze upon as well for inspiration. This class has a focus on writing, specifically creating seasonal imaginary happy places and reflecting on real happy places too.

What will you learn?

You will learn how to express yourself freely. You will be getting the pen moving and tap into your own unique writing style. You will learn more about yourself and what brings you peace. You will explore your favourite seasons and learn to appreciate something about every other season too. Gratitude will also be a core concept throughout the writing sessions together. Questions and suggestions are welcomed in this collaborative class. We are looking forward to writing with you!

Let's Talk About Art

Facilitator(s):
 Nicole Meens Miller
 Peer Support Specialist

 Kati
 Peer Tutor

Course Type:
 Self-discovery and
 identifying strengths

Start / End Date:
(Session B)
 February 13 – March 27

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

Number of Sessions:
 6

What will we do?

If you are a creative mind that likes to use art as an outlet for sharing your mental health journey, or perhaps you enjoy looking at Art that depicts others mental health journeys then this course is for you!

Within this course we will come together to talk about art. We will share with each other how we tell our stories through art, learn about artists throughout history that create work about the human condition, and learn new ways to communicate through art.

What will you Learn?

- To share your story through art
- Learn how others share their stories
- Learn about different artistic techniques/outlets
- Learn to write an artist statement about your work

Monday Afternoons

CMHA Co-design Collaboration - Advocacy

Facilitator(s):

Keith Wilen
Peer Support Specialist

Chandra Amodeo
Peer Support Specialist

Marie Logan
CMHA

Course Type:

Self-discovery and
identifying strengths

**Start / End Date:
(Session A)**

January 9 – February 13

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

6

What will we do?

If you are interested in developing a brand-new Recovery College program focusing on the importance advocacy - whether it's for yourself, friends, family, or your community - this is the group for you!

You are an expert on your own mental health journey, and we greatly value this expertise! As like-minded peers, we will come together brainstorming ideas and developing content for this course to be presented in future Recovery College semesters.

We will collectively decide on a course name, content and topics, and how to engage participants who join. We would love to hear your experiences regarding the ways in which you connect to your community and how we can share those connections/resources with others.

We can't wait to learn and create alongside you!

What will we learn?

- Co-design skills and the Recovery College philosophy.
- How to leverage personal experiences as a source of strength and value.
- How to apply the principles of co-design, lesson planning, and how to work effectively in a group while producing and/or sourcing course content.
- How to help meet the mental health needs of your peers by creating a new, innovative and interactive course.

Art Journaling

Facilitator(s):

Emily Campbell,
Recreation Therapist

Julie Murray, Recreation
Therapist

Course Type:

Leisure, health and
wellness

Start / End Date:

(Session A)

January 9 – February 27

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

8

What will we be doing?

The purpose of this program is to provide a non-judgmental environment that encourages participants to reflect on the positive qualities in their lives. This will be achieved through a loosely guided application of weekly themes while allowing participants to express their own creativity and participating in group discussion. Participants will be provided with a list of suggested supplies to have on hand in order to facilitate creativity as well as an overall artistic concept to expand upon. Upon completion, participants are encouraged to continue their journaling journey.

What will we learn?

- To demonstrate an increased knowledge of art journaling strategies/techniques based upon weekly themes.
- The participant will engage in various artistic techniques while completing their journal pages

Overcoming Challenges

Facilitator(s):

Keith Wilen
Peer Support Specialist

Chandra Amodeo
Peer Support Specialist

Marie Logan
CMHA

Course Type:

Self-discovery and
identifying strengths

Start / End Date:

(Session B)

February 27 – March 27

What will we do?

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. 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.

What will you learn?

- What is stigma and the impact it has in our communities
- Tips and tools to help combat stigma
- How to deal with difficult people

Start / End Time:
1:00 PM – 2:15 PM

- How to face difficult questions
- Combat bullying
- How to help educate others

Number of Sessions:

5

Monday Evening

The Art of Craft

Facilitator(s):

Emily Campbell
Recreation Therapist

Course Type:

Self-discovery and
identifying strengths

**Start / End Date:
(Session A)**

January 9 – February 27

Start / End Time:

5:30 PM – 7:30 PM

Number of Sessions:

8

What will we do?

Crafting has long been a favourite pastime of people of all ages. Many of us can often remember from a young age being taught different crafting techniques from family or within school. Within this five-week group we will further examine craft practices using both paper arts and textile practices. Each week we will focus on a different medium and learn how to use these techniques to create beautiful finished pieces.

Week 1: Paper Quilling

Week 2: Book Binding

Week 3&4: Needle Felting

Week 5&6: Macramé

Week 7&8: Embroidery

What will we learn?

To demonstrate increased knowledge of a variety of crafting styles and techniques as demonstrated in weekly themed exercises.

- Participants will be able to learn how fine art can be created with crafting techniques.
- Participants will have the opportunity to create conceptual work that they can share with the group.
- Participants will be able to tap into their creative side recognizing that we all have the ability to be creators acknowledging the importance of the process of creating not just the finished product.
- Participants will engage in positive social environment sharing with others.

*Please note that registration for all virtual Art of Craft sessions must be completed with a minimum of two weeks' notice to arrange for delivery or pick up. Participants will be required to provide some of their own supplies and a material list will be provided upon registration.

Tuesday Morning

Building Resiliency

Facilitator(s):

Sue Hie
RPN

Heather Morhorn
RPN

What will we do?

Resilience is when we are able bounce back from difficulties. Throughout this group, we will engage in discussions related to managing and coping with life's stressors and highlight our strengths to better equip us to cope and adapt to challenging situations.

Course Type:

Self-discovery and identifying strengths

What will we learn?

- What personal resiliency is
- To identify and learn how to apply resiliency skills to current and future stressors

Start / End Date:

(Session A)
January 3 – March 21

Start / End Time:

9:00 AM - 10:15 AM

Number of Sessions:

12

Creative Self-Compassion

Facilitator(s):

Emily Campbell
Recreation Therapist

What will we do?

Self-compassion is the ability to turn understanding, acceptance, and love inward. The practice of having compassion and nurturing oneself can be often difficult for us to make time for. We tend to find it easier to have compassion for those we care about and not give ourselves the love and compassion we require to nurture ourselves. Through the use of creative expressive arts interventions and journaling, you will learn the foundations of how practicing self-compassion can have a positive impact upon your mental health.

Course Type:

Self-discovery and identifying strengths

Start / End Date:

(Session A)
January 10 – February 21

Start / End Time:

10:30 AM – 11:45 AM

What you will learn?

- Participants will enhance creativity through self-expression
- Learn to foster resilience and boost self-esteem
- Learn to identify ways to practice self-compassion and self-love

Number of Sessions:

6

Cultivating Happiness & Joy

Facilitator(s):

Nicole Meens Miller
Peer Support Specialist

Session A:

Clark
Peer Tutor

Session B:

Colleen
Peer Tutor

Course Type:

Self-discovery and
identifying strengths

Start / End Date:**(Session A)**

January 3 – February 7

(Session B)

February 21 – March 28

Start / End Time:

10:30 AM – 11:45 AM

Number of Sessions:

6

What will we do?

When you think about happiness and joy, does it make you wonder about what those words really mean? Does it make you think about how you would like to feel this way more often? In this 6-week group we will explore ways to cultivate happiness & joy in our lives. We will learn about factors that create these emotions but also obstacles that can make it difficult. We will consider how our awareness of these emotions influence our mental and physical health. And finally, we will look at how happiness & joy impacts our recovery and well-being.

What you will learn?

- Why are happiness & joy and so important?
- Is there a relationship between mental health, happiness and joy?

Tuesday Afternoons

Committing to a Healthier Lifestyle

Facilitator(s):

Julie Murray
Recreation Therapist

Joanna Ramsay
Registered Dietician

Course Type:

Learning and
Understanding

Start / End Date:

(Session A)

January 10 – February 21

Start / End Time:

1:00 PM - 2:15 PM

Number of Sessions:

7

What will we learn?

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 Personal Trainer who facilitate this group.

Topics covered will include: Canada's Food & Physical Activity Guides, label reading, menu planning and grocery shopping, at home exercises, stress management, 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 we do?

- To demonstrate increased knowledge and awareness of healthy eating and physical activity through application of said knowledge through active participation.
- To identify strategies that enables an increase in physical activity and improved dietary habits through weekly discussion and goal identification.
- To develop, maintain and/or increase personal balance in healthy lifestyle through continuous participation in this program while meeting their goals.

DMHS Collaboration – Self-Esteem

Facilitator(s):

Keith Wilen, Peer Support Specialist

Chandra Amodeo, Peer Support Specialist

Michelle Rhude, DMHS

Course Type:

Self-discovery and identifying strengths

Start / End Date:

(Session A)

January 3 – February 7

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

6

What will we do?

Do you find it difficult to share your opinions and to speak up for yourself? This peer led course will explore what self-esteem is, why we struggle with it, the importance of positive self-esteem, and what causes low self-esteem. We will also take a look at strategies to challenge negative or inaccurate thinking.

What will you learn?

- What is Self-esteem and ways to build it
- Factors that shape and influence self-esteem
- How to communicate assertively
- Ways to set healthy boundaries

DMHS Collaboration – Anxiety and Panic

Facilitator(s):

Keith Wilen, Peer Support Specialist

Chandra Amodeo, Peer Support Specialist

Michelle Rhude, DMHS

Course Type:

Self-discovery and identifying strengths

Start / End Date:

(Session B)

February 21 – March 28

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. We will also 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 also learn tools for dealing with anxiety in general
- We will teach each other new techniques by sharing what has worked for us

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

6

Budget Bites: Eating Well on a Budget**Facilitator(s):**Nicole Meens Miller
Peer Support Specialist

Olyvia

Peer Tutor

What will we do?

Trying to find delicious and healthy meals that are affordable is especially challenging right now. In this course we will share some delicious and affordable recipes that are fun and easy to make. We will discuss menu planning, shopping on a budget, cooking techniques and recipes. We will also explore community resources that are available to us to support us with eating well.

Course Type:

Leisure, health and wellness

What you will learn?

- How to menu plan and create shopping lists
- How to make 6 delicious recipes
- Shopping on a budget
- Community resources for food security

**Start / End Date:
(Session B)**

February 21 – March 28

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

6

Guided Painting**Facilitator(s):**Emily Campbell,
Recreation Therapist**What will we do?**

Within this course you will learn to paint something new each week. In This guided painting experience you will be able to create your one of a kind pieces that teaches the following painting techniques: Stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

Course Type:

Leisure, health and wellness

Start / End Date:**(Session A)**

January 10 – February 14

Start / End Time:

3:00 PM – 4:45 PM

Number of Sessions:

6

What you will learn?

- Within this workshop you will have the opportunity to self-express through painting
- Learn a variety of painting techniques with brushes, stencils, and everyday household objects
- Build self-esteem and creativity
- Participate with others in a judgement free social environment

*Please note that registration for all virtual guided paint sessions must be completed with a minimum of two weeks' notice to arrange for canvas delivery or pick up. Participants will be required to provide their own paint and brushes, a list of paint colours that will be required for the session will be sent out upon registration.

Wednesday Mornings

Purposeful Living

Facilitator(s):

Sue Hie, RPN

Heather Morhorn, RPN

Course Type:

Learning and
Understanding

**Start / End Date:
(Session A & B)**

January 4 – March 22

Start / End Time:

9:00 AM - 10:15 AM

Number of Sessions:

12

What will we do?

Challenges are something that we are bound to face in life but we can equip ourselves with strategies so they do not de-rail us from achieving our goals. In this group, we will engage in discussions and educational activities with our peers to develop coping strategies that we can use when experiencing mental distress and/or stressful situations.

What will we learn?

- To develop and apply personalized strategies for managing and coping with stressful situations

Learning About Mental Health Treatment Options

Facilitator(s):

Nicole Meens Miller
Peer Support Specialist

Course Type:

Learning and
Understanding

Start / End Date:**(Session A)**

January 4 – February 8

(Session B)

February 22 – March 29

Start / End Time:

10:30 AM – 11:45 AM

Number of Sessions:

6

What will we do?

Throughout this course, we will consider signs, symptoms, and severity of mental illnesses as we learn of the variety of therapeutic options within the hospital and our community. Discover prospective paths to move from mental illness to mental wellness. Mental health professionals within Ontario Shores will join us to speak about their scope of practice and how it may contribute to the patient's personal recovery and inform their choices.

What will you learn?

We will learn to distinguish between the medical-model and personal recovery. We will learn how therapies such as CBT, DBT & CPT differ. We will learn of complementary therapies that can supplement our existing care plans. We will learn how to find reputable information about treatment options and services to empower us to make informed decisions regarding our mental health care.

Wednesday Afternoons

Wellness Wednesday

Facilitator(s):

Emily Campbell

Recreation Therapist

Julie Murray

Recreation Therapist

Course Type:

Skills Development

Start / End Date:January 11 – February
22**Start / End Time:**

1:00 PM – 2:15 PM

Number of Sessions:

7

What will we do?

Creating holistic wellness involves developing a self-care routine. Part of self-care is taking time to explore our interests to develop a well-rounded leisure lifestyle. In this six-week group we will explore activities that tap into our physical, social, spiritual, emotional, cognitive, and creative domains of well-being. When we create balance within these domains we see the positive effects that it has on our day to day lives. Each week we will participate in fun activities that support out overall wellness.

What will you learn?

- Identify activities within each domain that are enjoyable
- Learn new ways to improve their overall wellness through leisure
- To promote relaxation and healthy leisure experiences

Building Better Boundaries

Facilitator(s):

Keith Wilen, Peer Support Specialist

Chandra Amodeo, Peer Support Specialist

Course Type:

Learning and Understanding

**Start / End Date:
(Session A)**

January 4 – February 8

Start / End Time:

1:00 PM - 2:15 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?

- 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.

Self-Care 101

Facilitator(s):

Keith Wilen, Peer Support Specialist

Chandra Amodeo, Peer Support Specialist

Course Type:

Skills Development

**Start / End Date:
(Session B)**

February 22 – March 29

Start / End Time:

1:00 PM - 2:15 PM

Number of Sessions:

6

What will we do?

This course will help participants learn ways to take time for themselves, build up self-esteem, practice self-compassion, and to maintain healthy boundaries in order to keep mentally and physically well.

What will you learn?

By committing even small amounts of time throughout our day to tuning in with the self and personal needs, we begin re-patterning our relationship with ourselves, and often find more grace and ease in accessing the higher self.

Overcoming Barriers That Can Make Us Feel Stuck

Facilitator(s):

John Brown
Vocational Instructor

Galen
Peer Tutor

What will we do?

Mental health affects so many of us and for many it can be life changing. Many have had difficult experiences that have resulted in harmful patterns or barriers that are difficult to overcome. This workshop is designed to teach you how to notice these patterns and barriers and help you overcome them

Course Type:

Skills Development

Start / End Date:

January 4 – February 8

Start / End Time:

3:00 PM - 4:15 PM

Number of Sessions:

7

What will you learn?

- 1) An introduction to learned helplessness and how we feel we have no influence/control in our life and health (but we do)
- 2) People don't like change but embracing it is how we and the world grow
- 3) Exploring how we can obsess over bad things in our life and ignore the positives
- 4) How optimism is a key to better health
- 5) Learn from people who have actually changed their life
- 6) How to begin to move forward from these harmful habits

Thursday Mornings

Exploring Core Beliefs

Facilitator(s):

Sue Hie
RPN

Heather Morhorn
RPN

What will we do?

Mental health affects so many of us and for many it can be life changing. Many have had difficult experiences that have resulted in harmful patterns or barriers that are difficult to overcome. This workshop is designed to teach you how to notice these patterns and barriers and help you overcome them

Course Type:

Learning and
Understanding

What will you learn?

- An introduction to Learned Helplessness and how we feel we have no influence/control in our life and health (but we do)
- People don't like change but embracing it is how we and the world grow
- Exploring how we can obsess over bad things in our life and ignore the positives
- How optimism is a key to better health
- Learn from people who have actually changed their life
- How to begin to move forward from these harmful habits

Start / End Date:

(Session A)
January 5 – February 9

(Session B)

February 16 – March 23

Start / End Time:

9:00 AM - 10:15 AM

Number of Sessions:

6

My Story My Voice – DMHS Collaboration

Facilitator(s):

Sue Hie
RPN

Lori
Peer Tutor

What will we do?

Sharing your experiences can be a meaningful way to change your story from one of illness to one of strength and wellness. In this course, you will learn how to use your own personal and unique lived experience to craft your own story. You will work towards feeling comfortable and confident with sharing your work in progress in front of a group of peers while accepting gentle feedback in order to make your story the best it can be.

What will you learn?

- Participate in a series of activities that will help you to get comfortable with the process

**Start / End Date:
(Session A):**

January 5 – February 9

Start / End Time:

10:30 AM - 11:45 AM

Number of Sessions:

6

- Mine your memory for experiences you would like to use in the story you choose to tell
- Have one on one feedback sessions with an instructor
- Have the opportunity to share your story in progress with your group of peers
- Tell your story during the final session of the course

Sit and Get Fit A & B

Facilitator(s):Julie Murray
Recreation Therapist**Course Type:**Leisure, Health and
Wellness**Start / End Date:
(Session A)**

January 12 – February 16

**Start / End Date:
(Session B)**

March 2 – March 30

Number of Sessions:

6

Start / End Time:

10:30 AM - 11:45 AM

Number of Sessions:

Session A: 6

Session B: 5

What will we do?

As requested by you – a chair exercise program that can be done by most. We will use the chair to sit in but also as a support while standing, so no wheeled chairs please. This program will combine discussion, demonstration and instruction to ensure that everyone gets more physically active while challenging their level of fitness. Each week we will complete a 50 to 60-minute chair exercise program. This program will combine yoga, muscle strengthening using light weights, balance work as well as core and cardio exercises.

What will you learn?

- New ways to exercise that do not involve going to the gym and that are safe to do.
- Develop a new exercise routine that can be done almost anywhere you have a chair.
- How to confidently become more physically active.

Finding Your Voice: Putting Pen to Paper

Facilitator(s):

Nicole Meens Miller
Peer Support Specialist

Clark
Peer Tutor

Course Type:

Self-Discovery and
Identifying Strengths

Start / End Date:

February 23 – March 30

Start / End Time:

10:30 AM - 11:45 AM

Number of Sessions:

6

What will we do?

Have you ever dreamed of writing about your life experiences? This course will help you to find your voice by learning how to put pen to paper and express yourself. We will explore various types of writing while we learn about the writing process ... from idea to publication.

What will you learn?

- Various types of writing (poetry, journal articles, memoir and more)
- The writing processes
- Strategies to get your writing published.

Thursday Afternoons

Coping with Depression

Facilitator(s):

Keith Wilen, Peer Support Specialist

Chandra Amodeo, Peer Support Specialist

Course Type:

Skills Development

Start / End Date:

(Session A)

January 5 – February 9

Start / End Time:

1:00 PM - 2:15 PM

Number of Sessions:

6

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

Course Facilitation Skills Training

Facilitator(s):

Keith Wilen, Peer Support Specialist

Nicole Meens Miller, Peer Support Specialist

Course Type:

Skills Development

Start / End Date:

February 22 – March 29

Start / End Time:

1:00 PM – 2:15 PM

What will we do?

This course will teach participants the skills they need to successfully develop and implement workshops in the supportive and non-judgmental environment of our Recovery College. 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

- Number of Sessions:**
6
- Learn how to prepare lesson plans and deliver them with success
 - Practice active listening skills
 - Develop leadership skills

Discovering Watercolour Painting

Facilitator(s):
Emily Campbell
Recreation Therapist

Ashley
Peer Tutor

Course Type:
Leisure, Health and
Wellness

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

Start / End Time:
3:00 PM – 4:00 PM

Number of Sessions:
6

What will we do?

In this course you will learn something new each week about watercolours. We will be learning the basics of watercolours, how they interact with different materials such as salt, plastic wrap, wet on wet, dry on dry, how to use a sharpie with them. Each week you will learn a new skill that you can take forward to work with through the week. The last two weeks we will bring all the skills together to paint a watercolour picture.

What you will learn?

- You will learn a variety of ways to use watercolours and how to express yourself with them
- This will be a judgement free zone and the goal is to have fun
- Building of creativity and self-esteem through being creative
- How different kinds of materials work with watercolours such as pastels or crayons, salt, plastic wrap

Please note that supplies for this are not provided and must be provided by the person signing up. A supply list will be sent out.

Friday Mornings

Understanding Anger

Facilitator(s):

Sue Hie
RPN

Heather Morhorn
RPN

Course Type:

Skills Development

Date:

(Session A)

January 6 – February 10

Start / End Time:

9:00 AM – 10:15 AM

Number of Sessions:

6

What will we do?

This peer-led course will explore the roots of anger and its many faces. The course is filled with practical wisdom and helpful tips and techniques that will assist individuals with their emotions.

What will you learn?

Participants will learn the tools to support the common struggles with anger issues and end the anger cycle, living up to their true potential.

Understanding Burnout

Facilitator(s):

Sue Hie
RPN

Heather Morhorn
RPN

Course Type:

Skills Development

Date:

(Session B)

February 17 – March 24

Start / End Time:

9:00 AM – 10:15 AM

Number of Sessions:

6

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 you learn?

In this course we hope to learn to recognize when we are experiencing burnout and learn strategies to help us get through it.

Women's Group

Facilitator(s):

Leah Johnston
Peer Support Specialist

Chandra Amodeo
Peer Support Specialist

Colleen
Peer Tutor

Course Type:

Self-Discovery and
Identifying Strengths

Date:**(Session A)**

January 6 – February 10

Start / End Time:

10:30 AM – 11:45 AM

Number of Sessions:

6

What will we do:

Be part of a group of women empowering each other in our recovery journeys! In Women's Group, we will engage with educational materials about the personal recovery philosophy and discuss how it applies uniquely to our experiences as women. Through these discussions, we will collectively decide on learning objectives related to the factors that influence personal recovery: connection, hope, identity, meaning, and empowerment. Through our discussions, we will foster a sense of community and make meaningful connections. We will facilitate a safe space for women to feel validated and empowered.

What will we learn:

- About the personal recovery philosophy and how we can apply it to our lives as women
- To share and promote positive coping tools with one another
- To build positive self-image
- About societal pressures and expectations put on women and how to manage them
- About healthy boundaries to foster healthy, positive relationships

Friday Afternoons

Yoga A & B

Facilitator(s):

Julie Murray
Recreation Therapist

Course Type:

Leisure, Health and
Wellness

Start / End Date:

Session A:

January 13 – February 17

Session B:

February 24 – March 31

Start / End Time:

1:00 PM - 2:15
PM

Number of Sessions:

6

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).

What will you learn?

- Become more aware of the mind and body connection in relation to stress and ways to release it
- Maintain or increase personal balance, flexibility and strength through continuous participation in this session
- Build confidence to continue to practice after the session has ended for continued benefits

Open Peer Discussion

Facilitator(s):

Keith Wilen
Peer Support Specialist

Chandra Amodeo
Peer Support Specialist

Course Type:

Self-discovery and
identifying strengths

Start / End Date:

(Session B)

February 24 – March 31

What will we do?

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.

What will we learn?

In this group we will learn to support one another in our recoveries in a safe and confidential environment, and discuss how connection plays a vital role in our mental health.

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

6

Events and Workshops

The following courses are part of our Events and Workshop Series:

(Events and Workshops do not count toward your 4-course limit)

Exploring Employment as Part of Your Recovery

Facilitator(s):

Michelle Lashta
Vocational Counselor

What will we do?

- Self-exploration activities
- Exploring readiness and your own personal needs
- Transition planning
- Learning about ways in which Vocational Services can help to support with your employment goals

Course Type:

Vocational

Date:

March 1

What will we learn?

- Overview of Vocational Rehabilitation Services at Ontario Shores and how to get referred
- The benefits of work as part of your recovery
- Exploring your own personal readiness to engage in job preparation
- Beginning the process of skills identification

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

1

Getting to Know Your Library

Facilitator(s):

Oshawa Public Libraries

What will we do?

Want to learn about your local library? We will have a librarian from the Oshawa Public Libraries share with us their resources and how to access them. We will learn all about how your local library can help you on your journey.

Course Type:

Learning and
Understanding

What will you learn?

- How to obtain a library card
- Resources and programming available at the library
- How to access resources from home using your library card

Date:

Start / End Time:

Number of Sessions:

1

Mental Health First Aid

Facilitator(s):

Christine Fuda
Mental Health First Aid
Trainer, Ontario Shores

Course Type:

Learning and Understanding

Date:

February 21

Start / End Time:

9:00 AM – 5:00 PM

Number of Sessions:

1

What will we do?

- Gain greater confidence in proactively responding to stress and trauma
- Increases students' knowledge of mental illnesses such as depression, anxiety, substance abuse, and psychotic episodes
- Trains participants how to respond to someone in both crisis and non-crisis situations.
- Decreases stigmatizing attitudes towards people living with mental illnesses.
- Improves the mental health of participants

This is a certified training program from the Mental Health Commission of Canada and is part of The National Standard for Psychological Health and Safety in the Workplace. This training is currently the only international mental health training program that is being delivered in 25 countries around the world.

What will you learn?

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis. Course participants will learn how to:

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis
- How to initiate conversations with someone experiencing mental illnesses
- Learn about professional resources and supports that can help with recovery
- Suicide intervention response and crisis training
- Use MHFA actions to maintain one's own mental well-being

Please note: We have a limited number of paid seats for this training. It is first come, first served.

PFA Workshop

Facilitator(s):

Gary, Shabnam, Colleen
PFAs

Elaine Miller
Patient and Family
Relations Leader

Course Type:

Learning and
Understanding

Start / End Date:

Monday, January 30

Or

Friday, February 10

Or

Wednesday, March 8

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

1

What will we do?

The representation and participation of individuals with lived experience is increasingly being recognized as vital to the development of high-quality mental health services. The Patient and Family Advisor (PFA) program at Ontario Shores is one of the key pathways designed to meet this need. PFAs are people with lived experience who provide their perspectives through involvement on hiring panels, quality councils, focus groups, and many other improvement opportunities. In this course, participants will learn about the program, experience examples of patient and family engagement, and explore their own potential for involvement. This workshop will be facilitated by a Patient and Family Advisor and a staff member who supports the PFA program.

What will we learn?

- What Patient and Family Advisors are and how they can contribute.
 - The benefits of involving Patient and Family Advisors, staff, service users, families and other stakeholders.
 - The principles which inform the Patient and Family Advisor program.
 - The process of becoming a Patient and Family Advisor.
-

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 each month through the semester on the following dates:

Wednesday, January 4, 2023 10:30 am – 11:30 am

Wednesday, February 1, 2023 10:30 am – 11:30 am

Wednesday, March 1, 2023 10:30 am – 11:30 am

Wednesday, April 5, 2023 10:30 am – 11:30 am

There is no need to sign up for this course, feel free to drop in at the following link:

<https://us06web.zoom.us/j/81275116727?pwd=d0lkbDFnNG55UHI3elhHdU5wTWVZz09b>

Resume Building 101

Facilitator(s):

Michelle Lashta
Vocational Counsellor

What will we do?

- Discuss types of skills, and practice ways of identifying them
- Review resume formats and examples to help with identifying the best option
- Discuss strategies that focus on building upon strengths and add value to your resume

Course Type:

Vocational

Start / End Date:

March 22

What will you learn?

- Best ways to showcase skills and strengths for employers
- How to make your resume stand out, what to include/not include
- How to utilize resources to help with skill and strength building

Start / End Time:

1:00 PM - 2:15 PM

Number of Sessions:

1

We Care Well: Recovery Workshop Series for Family Caregivers

Facilitator(s):

Elaine Miller
Patient and Family
Relations Leader

What will we do?

Through this series of 3 workshops, we will learn about recovery-oriented principles that promote and reinforce self-care, resilience and strengths in family caregivers. We will learn how to leverage these perspectives to navigate around, or even navigate “through”, scenarios and issues we encounter as we care for our

Tyler Redublo

Family Caregiver

Course Type:

Self-discovery and identifying strengths

Start / End Date:

January 12 & January 26b & February 9

Start / End Time:

1:00 PM – 2:15 PM

Number of Sessions:

3

relatives. There will also be an opportunity to learn about technologies or innovations that support our role as caregivers.

What will we learn?

- How peer learning and support can increase our capacity to deal with challenges
- Various communication and self-care approaches
- Technologies and innovations that may support our role as caregivers