Fall 2023

Course Guide

Recovery College Leader
Allison Stevens, 905-430-4055 ext. 6435

Peer Support Department:
Chandra Amodeo, 905-430-4055 ext. 6791
Leah Johnson, ext. 905-430-405 ext. 6654
Nicole Meens Miller, 905-430-4055 ext. 6307
Keith Wilen, 905-430-4055 ext. 6961
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Unknown Battle

We are still humans despite our delusions
We are strong from the constant battle we have in our minds each and everyday without pause
We are able to love despite the emotional walls we build around ourselves too prevent us from getting hurt
We are able to control ourselves and not all of us are violent or sinister like what the movies portray us to be
We maybe to loud despite our best intentions to be quiet
We may see things that are not there but please believe us that we could be truly scared even though you know that there is nothing there to be scared of
We may not look like we feel emotions or are “flat” sometimes its from the side effects of the meds we take to keep us well
We can still express ourselves but please be patient with us our thought process could be jumbled, or we will be slow to respond to your comments or to express an idea
We can communicate in other ways but not always through words
We are able to be vulnerable despite the strong front we put on each and every day
We are to be admired for the courage that took us to ask for help and to some who are able to stand up against the prejudice & stigma society can place on us as a whole.

Amber Phillips
What is Recovery?

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

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

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

The Recovery College at Ontario Shores

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

Post-Secondary Recovery College

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

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

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

**Peer Tutors**

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

Mission
To support individuals in their personal journey of recovery.

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

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

New this Semester

In-Person classes are resuming! We are very excited to announce we have additional in-person classes resuming. Please be sure you pay careful attention to the delivery method of the course you are registering for. On the schedule yellow courses are virtual, green courses are in person here at Ontario Shores and orange are in the community. Look for this key:

<table>
<thead>
<tr>
<th>Courses in yellow are virtual</th>
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<tr>
<td>Courses in green are in person at Ontario Shores</td>
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<tr>
<td>Courses in orange are in the community, please check the course details</td>
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We are very excited to have some new offerings this semester (WRAP collaborations, baking workshops, Yoga Flow @ the Whitby Library, Post-Traumatic Growth, CHIME, Self-Care Kits, Off the Wall Miniatures Painting with Deb and Living Well with Type 2 Diabetes: A Wellness Approach).
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:
   - 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 Ont 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:

   Welcome to MedSIS 3C - RECOVERY COLLEGE Ontario Shores
   Your account has been activated

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 I completely registered, you must complete all of your requirements by uploading documents, signing letters or submitting forms.

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

12. Complete Individualized Learning Plan if you wish or just submit blank document.
13. Course Selection Form will now release – you can choose up to 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
7. Click on > details
8. Complete Registration Form & Membership Agreement
9. Complete Individualized Learning Plan if you wish or just submit blank document.
10. Course Selection Form will now release – you can choose up to 4 course and 4 additional waitlisted courses.
Recovery College Fall 2023 Semester

Semester Dates:

September 5 – December 1, 2023

Session A: Sep 5 – Oct 13  Session B: Oct 23 – Dec 1

(No class on Monday, October 9 (Thanksgiving Day) & Monday, November 13 (Remembrance Day)
**Schedule: Session A (9:00 am and 10:30 am classes)**

Courses in yellow are virtual  
Courses in green are in person at Ontario Shores  
Courses in orange are in the community, please check the course details

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<tr>
<td>9:00am-10:15am</td>
<td><strong>Learning About Mindfulness</strong> 12 weeks Sep 11 - Nov 27 <strong>No class Oct 9 &amp; Nov 13</strong> Heather &amp; Sue</td>
<td><strong>Building Resiliency</strong> 12 weeks Sep 5 - Nov 21 Heather &amp; Sue</td>
<td><strong>Exploring Non-Attachment A</strong> 6 weeks Sep 6 - Oct 11 Heather &amp; Sue</td>
<td><strong>Exploring Core Beliefs A</strong> 6 weeks Sep 7 - Oct 12 Heather &amp; Sue</td>
<td><strong>CHIME A</strong> 6 weeks Sep 8 - Oct 13 Heather &amp; Lorie B <strong>Women's Group</strong> 6 weeks Sep 8 - Oct 13 Nicole &amp; Chandra</td>
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<td>10:30am-11:45am</td>
<td><strong>Creative Writing</strong> 8 weeks Sep 11 - Nov 6 <strong>No class Oct 9</strong> Krishna &amp; Julie</td>
<td><strong>Exploring Our Relationship with Body Image and Food</strong> 8 weeks Sep 5 - Oct 24 Leah &amp; Stacey</td>
<td><strong>Wellness Wednesday</strong> 8 weeks Sep 13 - Nov 1</td>
<td><strong>Progressive Low Impact Exercise</strong> 12 weeks Sep 14 - Nov 30 Julie</td>
<td><strong>Living Well with Type 2 Diabetes: A Wellness Approach</strong> 7 weeks Sep 15 - Oct 27 Julie &amp; Joanna</td>
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<td><strong>Open Peer Discussion</strong> 6 weeks Sep 11 - Oct 23 <strong>No class Oct 9</strong> Sue</td>
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<td><strong>EVS Course</strong> 6 weeks Sep 6 - Oct 11 Chandra</td>
<td><strong>Coping with Depression</strong> 6 weeks Sep 7 - Oct 12 Keith &amp; Chandra</td>
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<td><strong>Self-Care 101</strong> 6 weeks Sep 11 - Oct 23 <strong>No class Oct 9</strong> Chandra &amp; Keith</td>
<td><strong>Anxiety &amp; Panic</strong> 6 weeks Sep 5 - Oct 10 Chandra &amp; Keith</td>
<td><strong>Recognizing Basic Goodness and Happiness Within</strong> 6 weeks Sep 6 - Oct 11 Keith &amp; Galen</td>
<td><strong>My Stories My Voice A</strong> 6 weeks Sep 7 - Oct 12 Sue &amp; Lori LM</td>
<td><strong>Creative Colouring</strong> 6 weeks Sep 8 - Oct 13 Keith &amp; Chandra</td>
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### Schedule: Session A (1:00 pm classes)

Courses in yellow are virtual

Courses in green are in person at Ontario Shores

Courses in orange are in the community, please check the course details

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| DMHS Collaboration - Who Am I?  
6 weeks  
Sep 5 - Oct 10  
Keith & Chandra | Self-Esteem  
6 weeks  
Sep 6 - Oct 11  
Keith & Chandra | Building Better Boundaries  
6 weeks  
Sep 7 - Oct 12  
Keith & Chandra | Advocacy A  
6 weeks  
Sep 8 - Oct 13  
Keith & Chandra |  |
| Growing Gratitude A  
4 weeks  
Sep 5 - Sep 26 | | | | Yoga Flow  
12 weeks  
Sep 15 - Dec 1  
Julie |  |
| Purposeful Living A  
6 weeks  
Sep 11 – Oct 23  
(*No class Oct 9)  
Heather & Heather G | The Art of Social Interaction A  
6 weeks  
Sep 5 - Oct 10  
Heather & Sue | Understanding Burnout A  
6 weeks  
Sep 6 - Oct 11  
Heather & Sue | Managing Anger A  
6 weeks  
Sep 7 - Oct 12  
Heather & Sue | Learning About Radical Acceptance A  
6 weeks  
Sep 8 - Oct 13  
Julie |  |
| Challenge and Transformation  
6 weeks  
Sep 11 - Oct 23  
(*No class Oct 9)  
Leah & Amanda | Self-Care Kits  
6 weeks  
Sep 5 - Oct 10  
Chandra & Franca | Budget Bites: Eating Healthy on a Budget  
6 weeks  
Sep 6 - Oct 11  
Olyvia & Nicole | Art Now  
8 weeks  
Sep 7 - Oct 26  
Kati & Leah |  |
| Art Café A  
weeks  
Sep 11 - Oct 16  
(*No class Oct 9)  
Sue | START Journaling  
8 weeks  
Sep 12 - Oct 31  
Julie | Art of Craft A  
6 weeks  
Sep 6 - Oct 11  | |  |
## Schedule: Session A (3:00 pm & 5:15 pm classes)

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<td><strong>Recreation Horticulture</strong>&lt;br&gt;6 weeks&lt;br&gt;Sep 6 - Oct 11&lt;br&gt;Sue &amp; Noelle</td>
<td><strong>Discovering Watercolour A Painting</strong>&lt;br&gt;6 weeks&lt;br&gt;Sep 14 - Oct 19&lt;br&gt;Ashley &amp; Julie</td>
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<td><strong>Pay It Forward</strong>&lt;br&gt;7 weeks&lt;br&gt;Sep 12 - Oct 31&lt;br&gt;Kennan</td>
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<td><strong>Off the Wall Miniatures Painting with Deb</strong>&lt;br&gt;8 weeks&lt;br&gt;Sep 6 – Oct 25&lt;br&gt;Nicole &amp; Debbie</td>
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<td>5:15 pm – 6:30 pm</td>
<td><strong>Guided Painting A</strong>&lt;br&gt;5 weeks&lt;br&gt;Sep 11 - Oct 16&lt;br&gt;(<strong>No class Oct 9)</strong></td>
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<td><strong>Finding Some Fun: Leisure Education</strong>&lt;br&gt;7 weeks&lt;br&gt;Sep 13 - Oct 25&lt;br&gt;Julie</td>
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### Schedule: Session A (6:00 pm classes)

Courses in yellow are virtual
Courses in green are in person at Ontario Shores
Courses in orange are in the community, please check the course details

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<tbody>
<tr>
<td><strong>6:00 pm – 7:30 pm</strong></td>
<td></td>
<td><strong>We Care Well: Recovery Series for Family Caregivers</strong></td>
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<td>Sep 12 - Oct 17</td>
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<td>Chandra &amp; Elaine</td>
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### Schedule: Session B (9:00 am and 10:30 am classes)

Courses in **yellow** are virtual

Courses in **green** are in person at Ontario Shores

Courses in **orange** are in the community, please check the course details

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<tr>
<td>9:00am-</td>
<td></td>
<td></td>
<td><strong>Understanding Burnout</strong> B</td>
<td><strong>Learning About Radical Acceptance B</strong></td>
<td><strong>Managing Anger</strong> B</td>
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<td>10:15am</td>
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<td><strong>Oct 25 - Nov 29</strong></td>
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<td><strong>Oct 27 - Dec 1</strong></td>
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<td><strong>Heather &amp; Sue</strong></td>
<td><strong>Heather &amp; Sue</strong></td>
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<td>10:30am</td>
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<td><strong>My Stories My Voice</strong> B</td>
<td><strong>&quot;Old School&quot; Card Making</strong> B</td>
<td><strong>Overcoming Barriers That Can Make Us Feel Stuck</strong> B</td>
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<td>11:45am</td>
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<td><strong>Oct 26 - Nov 30</strong></td>
<td><strong>Nov 10 - Dec 1</strong></td>
<td><strong>Oct 6 - Dec 1</strong></td>
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<td><strong>Sue &amp; Lori L.M.</strong></td>
<td><strong>Julie</strong></td>
<td>(<strong>No class October 13</strong>)</td>
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<td></td>
<td><strong>Overcoming Challenges</strong> B</td>
<td></td>
<td><strong>Self-Esteem B</strong> 6 weeks</td>
<td><strong>Cultivating Happiness &amp; Joy</strong> B 6 weeks</td>
<td><strong>Communication &amp; Conflict</strong> B 6 weeks</td>
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<td><strong>Oct 24 - Nov 28</strong></td>
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<td><strong>Keith &amp; Chandra</strong></td>
<td><strong>Nicole &amp; Chandra</strong></td>
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<td><strong>Overcoming Challenges</strong> B</td>
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<td><strong>Self-Esteem B</strong> 6 weeks</td>
<td><strong>Cultivating Happiness &amp; Joy</strong> B 6 weeks</td>
<td><strong>Communication &amp; Conflict</strong> B 6 weeks</td>
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<td><strong>Oct 23 - Nov 27</strong></td>
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**Schedule: Session B (1:00 pm classes)**

Courses in yellow are virtual

Courses in green are in person at Ontario Shores

Courses in orange are in the community, please check the course details

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<tr>
<td><strong>Post-Traumatic Growth</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 23 – Nov 27&lt;br&gt;Chandra &amp; Nicole (<strong>no class Nov 13)</strong></td>
<td><strong>Growing Gratitude B</strong>&lt;br&gt;4 weeks&lt;br&gt;Nov 7 - Nov 28</td>
<td><strong>Who Am I? B</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 25 - Nov 29&lt;br&gt;Keith &amp; Chandra</td>
<td><strong>Course Facilitation Skills Training (CFST)</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 26 - Nov 30&lt;br&gt;Keith &amp; Chandra</td>
<td><strong>Identifying Unhealthy Relationships</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 27 - Dec 1&lt;br&gt;Keith &amp; Chandra</td>
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<td><strong>Purposeful Living B</strong>&lt;br&gt;5 weeks&lt;br&gt;Oct 30 – Nov 27&lt;br&gt;Heather &amp; Heather G (<strong>no class Nov 13)</strong></td>
<td><strong>Exploring Core Beliefs B</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 24 - Nov 28&lt;br&gt;Heather &amp; Sue</td>
<td><strong>Exploring Non-Attachment B</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 25 - Nov 29&lt;br&gt;Heather &amp; Sue</td>
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<td><strong>WRAP Collaboration with CMHA</strong>&lt;br&gt;8 weeks&lt;br&gt;Oct 16 - Dec 4&lt;br&gt;Keith&lt;br&gt;1:00 pm - 3:00 pm (<strong>no class Nov 13)</strong></td>
<td><strong>WRAP Collaboration with DMHS</strong>&lt;br&gt;7 weeks&lt;br&gt;Oct 24 - Dec 5&lt;br&gt;Keith&lt;br&gt;1:00 pm - 3:00 pm</td>
<td><strong>Art of Craft B</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 25 - Nov 29</td>
<td><strong>Getting to Know Your Library</strong>&lt;br&gt;Whitby - Oct 19&lt;br&gt;Oshawa - Oct 26</td>
<td><strong>CHIME B</strong>&lt;br&gt;6 weeks&lt;br&gt;Oct 27 - Dec 1&lt;br&gt;Heather &amp; Sue</td>
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<td><strong>Picadilly Cupcake Tea Party</strong>&lt;br&gt;1 class&lt;br&gt;Oct 23</td>
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<td><strong>Picadilly Gingerbread Scrumptiousness</strong>&lt;br&gt;1 class&lt;br&gt;Nov 27</td>
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Schedule: Session B (3:00 pm and 5:15 pm classes)

Courses in yellow are virtual
Courses in green are in person at Ontario Shores
Courses in orange are in the community, please check the course details

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<td>3:00 - 4:15 pm</td>
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<td><strong>Yoga Flow @ The Whitby Library</strong></td>
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<td>Oct 4 - Oct 25</td>
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<td>Julie &amp; Sue</td>
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<td><strong>Art Café B</strong></td>
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<td><strong>Discovering Watercolour</strong></td>
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<td><strong>Painting B</strong></td>
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<td>Ashley &amp; Julie</td>
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<td>5:15 pm – 6:30 pm</td>
<td><strong>Guided Painting B</strong></td>
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<td><strong>Relax with Zentangle</strong></td>
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<td><strong>Inspired Art</strong></td>
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<td><strong>The ArtStory Of Me @ the Station Gallery</strong></td>
<td>Station Gallery: 1450 Henry St., Whitby</td>
<td>September 11</td>
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<td>Julie</td>
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<td><strong>The Art Story of My Dreams @ the Station Gallery</strong></td>
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<td>5:15 – 6:30</td>
<td>Julie</td>
<td>1 class</td>
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<tr>
<td><strong>CMHA Collaboration – WRAP @ CMHA Durham</strong></td>
<td>@ CMHA Durham 60 Bond St. W., Oshawa</td>
<td>Oct 16 - Dec 4</td>
<td>1:00 pm – 3:00 pm</td>
<td></td>
<td>8 weeks</td>
</tr>
<tr>
<td><strong>Getting to Know Your Library – Whitby - Virtual</strong></td>
<td></td>
<td>Oct 19</td>
<td></td>
<td></td>
<td>1 class</td>
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<tr>
<td><strong>Getting to Know Your Library – Oshawa- Virtual</strong></td>
<td></td>
<td>Oct 26</td>
<td></td>
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<td>1 class</td>
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<tr>
<td><strong>Picadilly Cupcake Tea Party @ Picadilly Cakery</strong></td>
<td>Picadilly Cakery: 65 Dundas St. W., Whitby</td>
<td>Oct 23</td>
<td></td>
<td></td>
<td>1 class</td>
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<tr>
<td><strong>Picadilly Gingerbread Scrumptiousness @ Picadilly Cakery</strong></td>
<td>Picadilly Cakery: 65 Dundas St. W., Whitby</td>
<td>Oct 23</td>
<td></td>
<td></td>
<td>1 class</td>
</tr>
<tr>
<td><strong>DMHS Collaboration – WRAP @ Cormack Station</strong></td>
<td>Cormack Station: 250 Hickory St. S., Whitby</td>
<td>Oct 24 - Dec 5</td>
<td>1:00 pm – 3:00 pm</td>
<td>Keith</td>
<td>7 weeks</td>
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Monday Mornings

Learning About Mindfulness - Virtual

Facilitator(s):
Sue Hie
RPN
Heather Morhorn
RPN

Course Type:
Learning and Understanding

Start / End Date:
(Session A & B)
Sep 11 – Nov 27
**No Class Oct 9**
**No Class Nov 13**

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 - Virtual

Facilitator(s):
Julie Murray,
Recreation Therapist
Krishna
Peer Tutor

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Sep 11 – Nov 6
**No Class Oct 9**

What will we do?
We will be exploring creative writing through various styles including screenplay writing and stage play writing, poetry such as poems inspired by songs and seasons, positive affirmations and inspirational quotes that increase gratitude. Examples of each style will be presented, and we will have a plethora of opportunities to write during each session. Optional writing prompts will also be provided for added inspiration. We invite you to share what you have written with the group, though sharing is never required. Krishna and Julie are looking forward to writing with you!

What will we learn?
• To learn about literary and poetic devices that add variety to our writing.
**Open Peer Discussion - Virtual**

**Facilitator(s):**
Sue Hie  
RPN

**Course Type:**
Learning and Understanding

**Start / End Date:**
(Session A)  
Sep 11 – Oct 23  
**No Class Oct 9**

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

**Number of Sessions:**
6

**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 be in contact virtually and learn from one another by sharing how we are managing during this difficult time, and to come together and celebrate ourselves. We will discuss many topics throughout this group alongside of sharing our experiences together.

**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.

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**Self-Care 101 – In-Person**

**Facilitator(s):**
Keith Wilen, Peer Support Specialist
Chandra Amodeo, Peer Support Specialist

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session A)  
Sep 11 – Oct 23

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

**Facilitator(s):**
Keith Wilen, Peer Support Specialist
Chandra Amodeo, Peer Support Specialist

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session B)
Oct 23 – Nov 27

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

**Number of Sessions:**
6

**What will we do?**
How do we overcome the challenges we face? How do we continue to find hope when life seems unfair? Each one of us has faced challenges in life and we will all continue to experience challenges throughout our lives. This course will help us to understand that life challenges are inevitable and for the most part out of our control. We will explore a variety of ways to overcome, or at least accept, the challenges we face while maintaining our well-being.

**What will we learn?**
- The inevitability of facing life challenges
- Different types of life challenges
- Strategies for accepting your life exactly as it is
- Strategies for letting go of things beyond our control
- Strategies for dealing with difficult people
- How to handle difficult questions pertaining to our mental health
- Strategies for dealing with bullying and eliminating mental health stigma
- How to advocate for yourself
Monday Afternoons

**Purposeful Living A – In-Person**

**Facilitator(s):**
Heather Morhorn RPN
Heather G Peer Tutor

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session A)
Sep 11 – Oct 23
**No Class Oct 9**

**Start / End Time:**
1:00 PM – 2:15 PM

**Number of Sessions:**
6

**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

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**Purposeful Living B – In-Person**

**Facilitator(s):**
Heather Morhorn RPN
Heather G Peer Tutor

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session B)
Oct 30 – Nov 27
**No Class Nov 13**

**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
Challenge and Transformation – In-Person

Facilitator(s):
Leah Johnston
Peer Support Specialist
Amanda Cordeiro
Peer Support Specialist

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Sep 11 – Oct 23
**No Class Oct 9**

Start / End Time:
1:00 PM – 2:15 PM

Number of Sessions:
6

What will we do?
When we experience distress during difficult times such as loss, change, transitions (Both expected and unexpected) this paves way for new beginnings and helps us repaint a new life for ourselves.

What will we learn?
In this course we will learn how to identify and cope with life’s stressors and recognize how they can contribute to our personal growth.

Post-Traumatic Growth – In-Person

Facilitator(s):
Nicole Meens Miller
Peer Support Specialist
Chandra Amodeo
Peer Support Specialist

Course Type:
Skills Development

Start / End Date:
(Session B)

What will we do?
Have you ever heard of post-traumatic growth? Is growth after trauma even possible? In this 6-week course we learn about post-traumatic growth. We will learn what PTG is and how we can prepare ourselves for what life will throw our way.

What will we learn?
- Growth after trauma is possible
- What post-traumatic growth is
- The theory behind post-traumatic growth
Oct 23 – Nov 27
**No Class Nov 13**

**Start / End Time:**
1:00 PM – 2:15 PM

**Number of Sessions:**
6

- How to prepare ourselves for life by increasing our resiliency

**WRAP Collaboration with CMHA @ CMHA Durham**

**Facilitator(s):**
Keith Wilen
Peer Support Specialist

**Course Type:**
Skills Development

**Start / End Date:**
(Session B)
Oct 16 – Dec 4
**No Class Nov 13**

**Start / End Time:**
1:00 PM – 3:00 PM

**Number of Sessions:**
8

**What will we do?**
Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, we will build a kit to:

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

**What will we learn?**

- How to shape every aspect of your life the way you want it to be
- To gain freedom from troubling thoughts, behaviors, or patterns that repeat in life
- Feel empowered in making decisions about your life
- Build a strong support network of people and resources to help you reach your goals

**Picadilly Cupcake Tea Party**

**Facilitator(s):**
Leah Johnston
Peer Support Specialist

**Course Type:**
Leisure, health and wellness

@ Picadilly Cakery 965 Dundas St W, Whitby

Picadilly Cupcake Tea party – Come decorate cupcakes, drink tea and chat about Self Compassion. What is it? What impact it plays and how we encourage it in our personal wellness journeys. Thank you, Picadilly, for the community you create!

https://www.picadillycakery.com/
Start / End Date:  
(Session B)  
Oct 23

Start / End Time:  
1:00 PM – 2:15PM

Number of Sessions:  
1

Picadilly Gingerbread Scrumptiousness  
Facilitator(s): Leah Johnston  
Peer Support Specialist

Course Type: Leisure, health and wellness

Start / End Date:  
(Session B)  
Nov 27  
**No Class Nov 13**

Start / End Time:  
1:00 PM – 2:15 PM

Number of Sessions:  
1

Art Café A – In-Person  
Facilitator(s): Sue Hie  
RPN

Course Type: Leisure, health and wellness

What will we do?  
We provide an inclusive and welcoming environment for all participants who want to learn new skills or to expand their current artistic 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 promote autonomy; you can choose to draw independently or engage in the lessons we provide. All materials are provided.

@ Picadilly Cakery 965 Dundas St W, Whitby

Picadilly Gingerbread Scrumptiousness – Come make and create some delicious Gingerbreads, decorate and enjoy join some holiday festivities and good company.  
Thank you, Piccadilly, for the community you create!  
https://www.picadillycakery.com/
**Art Café A**

*Start / End Date: (Session A)*
Sep 11 – Oct 16
**No Class Oct 9**

*Start / End Time:*
1:00 PM – 2:15 PM

*Number of Sessions:*
5

**What will we learn?**
- To enhance your creativity skills, allowing opportunities for self, verbal, and creative expression.
- Different techniques such as shading, shadowing using sketching and/or painting, improving your artistic abilities.
- Participants will learn coping skills, as art is one technique in reducing stress and promoting relaxation.

**Art Café B – In-Person**

*Facilitator(s):*

*Course Type:*
Leisure, health and wellness

*Start / End Date: (Session B)*
Oct 23 – Nov 20
**No class Nov 13**

*Start / End Time:*
3:00 PM – 4:15 PM

*Number of Sessions:*
5

**What will we do?**
We provide an inclusive and welcoming environment for all participants who want to learn new skills or to expand their current artistic 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 promote autonomy; you can choose to draw independently or engage in the lessons we provide. All materials are provided.

**What will we learn?**
- To enhance your creativity skills, allowing opportunities for self, verbal, and creative expression.
- Different techniques such as shading, shadowing using sketching and/or painting, improving your artistic abilities.
- Participants will learn coping skills, as art is one technique in reducing stress and promoting relaxation.
Monday Evening

**Guided Painting A - Virtual**

*Facilitator(s):*

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 teach the following painting techniques: stenciling, sponge painting, and using a toothbrush 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)
Sep 11 – Oct 16
**No Class Oct 9**

*Start / End Time:*
5:15 PM – 6:30 PM

*Number of Sessions:*
5

*What will we learn?*
• Within this workshop you will have the opportunity to express yourself 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

**Guided Painting B - Virtual**

*Facilitator(s):*

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 teach the following painting techniques: stenciling, sponge painting, and using a toothbrush 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 B)
Oct 23 – Nov 27
**No Class Nov 13**

*Start / End Time:*
5:15 PM – 6:30 PM

*Number of Sessions:*
5

*What will we learn?*
• Within this workshop you will have the opportunity to express yourself 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
The ArtStory of Me @ The Station Gallery

Facilitator(s): Julie Murray, Recreation Therapist

Course Type: Leisure, health and wellness

Start / End Date: (Session A) Sep 11

Start / End Time: 5:15 PM – 6:30 PM

Number of Sessions: 1

What will we do?
How A.R.E. you? This workshop will use creative process to tell a story about your personal expression of self. Rooted in the practice of expressive arts, you will use play and imagination to explore aspects of self-awareness, self-reflection, and self-empowerment. The visual art of making masks will guide you to confront yourself with curiosity, compassion, and creativity to find meaning in who you A.R.E. today.

What will we learn?
- How to use a creative process to tell a story
- Encourage self-awareness, self-reflection, and self-empowerment (A.R.E)
- How to work with multiple art materials such as modeling clay

The ArtStory of Names @ The Station Gallery

Facilitator(s): Julie Murray, Recreation Therapist

Course Type: Leisure, health and wellness

Start / End Date: (Session A) Sep 18

Start / End Time: 5:15 PM – 6:30 PM

Number of Sessions: 1

What will we do?
We will be led through a journey of archetypes and symbols to explore experiences of attachment, belonging and a bird’s eye view of legacy building. Reshape the story of our name with the grounding material of clay. We will use a multi-art approach to get us thinking, feeling, and writing about origin and originality throughout the process of making our art piece.

What will we learn?
- Discover archetypes and symbols connected to your identity.
- Using new creative skills to create thoughtful works of art

The ArtStory of My Dreams @ The Station Gallery

Facilitator(s): Julie Murray,

Course Type: Leisure, health and wellness

Start / End Date: (Session A)

Start / End Time: 5:15 PM – 6:30 PM

Number of Sessions: 1

Class will take place at the Station Gallery 1450 Henry Street WHITBY
Recreation Therapist

**Course Type:**
Leisure, health and wellness

**Start / End Date:**
(Session A)
Sep 25

**Start / End Time:**
5:15 PM – 6:30 PM

**Number of Sessions:**
1

**What will we do?**
To creatively solve problems with your own contemporary dream catcher analysis technique. This session will loosely follow Stase Michaels’ Five-Step Dream Technique and help you work on constructive self-understanding and growth as we imagine and make art that speaks to the Art Story of our dreams.

**What will we learn?**
- To creatively problem solve using art
- To move forward with our dreams in a creative style.
Tuesday Morning

Building Resiliency - Virtual

Facilitator(s):
Sue Hie
RPN
Heather Morhorn
RPN

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Sep 5 – Nov 21

Start / End Time:
9:00 AM - 10:15 AM

Number of Sessions:
12

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.

What will we learn?
• What personal resiliency is
• To identify and learn how to apply resiliency skills to current and future stressors

Exploring Our Relationship with Body Image and Food - Virtual

Facilitator(s):
Leah Johnston
Peer Support Specialist
Stacey
Peer Tutor

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Sep 5 – Oct 24

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

Number of Sessions:
8

What will we do?
This will be a supportive and judgement free group where we can come together and discuss challenging issues related to body image. We will learn about warning signs and symptoms of disordered eating and have conversations of how to support ourselves or loved ones through challenges.

What you will learn?
We will learn how to explore ideas around body neutrality, body positivity and healthy boundaries with ourselves and others. We will learn about tools we can lean on to support ourselves when we become emotionally dysregulated. We will talk about societal pressure and managing media to benefit our wellness goals. We will learn about resources available to the community. Together as a group we will explore how to offer ourselves self-compassion and self-kindness.
Anxiety & Panic – In-Person

Facilitator(s):
Keith Wilen, Peer Support Specialist
Chandra Amodeo, Peer Support Specialist

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Sep 5 – Oct 10

Start / End Time:
10:30 AM – 11:45 AM

Number of Sessions:
6

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

What will we learn?
- We will speak generally about what happens in the body during anxiety and panic attacks, 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.

Self-Esteem B – In-Person

Facilitator(s):
Keith Wilen, Peer Support Specialist
Chandra Amodeo, Peer Support Specialist

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Oct 24 – Nov 28

Start / End Time:
10:30 AM – 11:45 AM

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 we 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
Tuesday Afternoons

DMHS Collaboration – Who Am I? - Virtual

Facilitator(s):
Keith Wilen, Peer Support Specialist
Chandra Amodeo, Peer Support Specialist
Michelle Rhude, DMHS

Course Type:
Self-discovery and identifying strengths

What will we do?
Whether we are coming out of the fog of mental health, addiction or a major life change, "Who am I?" is a question we may find ourselves not knowing the answer to. We may have spent much of our lives working to please or satisfy the expectations of others or you may simply be ready for a change. This group will help you to explore; your values, your happiness, life satisfaction, your likes and your dislikes, to find the best possible answer to this elusive question.

What will you learn?
- Examining life events that can alter our sense of being
- Exploring our values and how we live our lives to its truest form
- Identifying feelings and thoughts while regulating negative emotions
- Looking at how to make change
- Reflecting on our strengths and what we’re good at
- What makes us happy

Start / End Date:
(Session A)
Sep 5 – Oct 10

Start / End Time:
1:00 PM – 2:15 PM

Number of Sessions:
6

Growing Gratitude A - Virtual

Facilitator(s):

Course Type:
Self-discovery and identifying strengths

What will we do?
Gratitude is an emotion expressing appreciation for what one has. Research and evidence suggest that the more a person finds a way to cultivate gratitude, the more positive impact on their overall well-being.

In this 4-week program, we will introduce students to concepts of gratitude, as well as opportunities to practice gratitude interventions with an outcome of cultivating happiness.

What will we learn?
- Awareness and knowledge of gratitude and the benefits it can have on your recovery and overall well-being
- How to recognize and appreciate more ways to cultivate gratitude

Start / End Date:
(Session A)
Sep 5 – Sep 26

Start / End Time:
1:00 PM – 2:15 PM

Number of Sessions:
4
• Different tools and interventions to apply gratitude within your lives

**Growing Gratitude B - Virtual**

**Facilitator(s):**

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session B)
Nov 7 – Nov 28

**Start / End Time:**
1:00 PM – 2:15 PM

**Number of Sessions:**
4

**What will we do?**
Gratitude is an emotion expressing appreciation for what one has. Research and evidence suggest that the more a person finds a way to cultivate gratitude, the more positive impact on their overall well-being.

In this 4-week program, we will introduce students to concepts of gratitude, as well as opportunities to practice gratitude interventions with an outcome of cultivating happiness.

**What will we learn?**
- Awareness and knowledge of gratitude and the benefits it can have on your recovery and overall well-being
- How to recognize and appreciate more ways to cultivate gratitude
- Different tools and interventions to apply gratitude within your lives

**The Art of Social Interaction A – In-Person**

**Facilitator(s):**
Sue Hie, RPN
Heather Morhorn, RPN

**Course Type:**
Learning and Understanding

**Start / End Date:**
(Session A)
Sep 5 – Oct 10

**Start / End Time:**
1:00 PM – 2:15 PM

**Number of Sessions:**
6

**What will we do?**
For 6 weeks we will have healthy conversations to build up your communication skills and look at the benefits of social interactions, with our mental health.

**What will you learn?** The importance of social interaction and how social interaction can provide a sense of belonging, promote positive relationships, improve your self-confidence and self-worth and better understanding of the world around you.
Self-Care Kits – In-Person

Facilitator(s):
Chandra Amodeo, Peer Support Specialist
Franca Peer Tutor

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session B)
Sep 5 – Oct 10

Start / End Time:
1:00 PM – 2:15 PM

Number of Sessions:
6

What will we do?
We will be creating a unique Self-Care Toolbox. This Toolbox is a box of items that you can use to help make yourself feel better and to reduce symptoms of stress, anxiety, and low mood. It can be used at any time to meet your daily self-care needs. It is also great for those “bad days” where you may be struggling.

What will we learn?
In this course you will learn how this toolbox will give you permission to engage in activities you love and make you happy. It will also help you relax on a daily basis. As you implement and or practice these activities regularly into your life, you will activate the parasympathetic nervous system (PNS). This relaxation response decreases stress and increases calm and rest.

• In this course you will learn how you will be able to benefit in your Self-Care; improve your physical health, reduce stress and anxiety, boost your self-esteem, protect your mental health, and can lead to better relationships

StART Journaling – In-Person

Facilitator(s):
Julie Murray Recreation Therapist

Course Type:
Skills Development

Start / End Date:
(Session A)
Sep 12 – Oct 31

Start / End Time:
1:00 PM – 2:15 PM

Number of Sessions:
8

What will we do?
StART Journaling is a program that incorporates art into basic journaling. Each week, there will be different themes that will focus on positive, self-reflective concepts that are presented in a judgement-free manner. While attending the first week, we will discuss and determine the themes for the following 7 weeks of this group. During this program, we will express our individual creativity while working within the decided upon theme. Each theme will have a learning process to assist in the development of the journal page or pages. Upon completion, participants are encouraged to continue their journaling journey. As this is an in-person group, supplies will be provided each week.

What will we learn?
• An increased knowledge of art journaling and self-reflection related to the weekly themes.
• Engaging in various artistic techniques while completing the journal pages
Exploring Core Beliefs B – In Person

Facilitator(s):
Sue Hie
RPN
Heather Morhorn
RPN

Course Type:
Learning and Understanding

Start / End Date:
(Session B)
Oct 24 – Nov 28

Start / End Time:
1:00 PM - 2:15 PM

Number of Sessions:
6

What will we do?
Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Through structured curriculum, activities, and discussion we will explore our core beliefs and find ways to leverage them while maintaining our recovery wellness.

What will we learn?
• To explore our Core beliefs
• To understand where our core beliefs come from
• How our core beliefs impact us on a day-to-day basis
• How to leverage our core beliefs in perusing, maintaining our recovering wellness

WRAP Collaboration with DMHS @ Cormack Station

Facilitator(s):
Keith Wilen
Peer Support Specialist

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session B)
Oct 24 – Dec 5
**No Class Nov 13**

Start / End Time:
1:00 PM – 3:00 PM

Number of Sessions:
7

What will we do?
Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, we will build a kit to:
• Discover simple, safe, and effective tools to create and maintain wellness
• Develop a daily plan to stay on track with your life and wellness goals
• Identify what throws you off track and develop a plan to keep moving forward
• Gain support and stay in control even in a crisis

What will we learn?
• How to shape every aspect of your life the way you want it to be
• To gain freedom from troubling thoughts, behaviors, or patterns that repeat in life
• Feel empowered in making decisions about your life
Pay It Forward – In-Person

Facilitator(s):
Kennan Gregory
Peer Support Specialist

Course Type:
Learning and Understanding

Start / End Date:
(Session A)
Sep 12 – Oct 31

Start / End Time:
3:00 pm – 4:15 pm

Number of Sessions:
5

What will we do?
There are a lot of positive benefits of performing random acts of kindness to someone in need, regardless if it is for a family member, friend or stranger.

Performing acts of kindness can help bring more meaning and joy into our lives; improving our well-being. The person who is the ‘giver’ may get more from it than the actual person who is receiving the act of kindness.

We will explore the benefits of performing acts of kindness, ways to perform acts of kindness but most importantly we will be engaging in a ‘Pay it Forward Project’, rather than just discussing ways to give back, participants will participate in small tasks and or activities which allow us to ‘Pay it Forward’.

Come be a part of this exciting opportunity to engage in something meaningful. Experience first-hand the power of giving, seeing and understanding how it can play an important role within your recovery.

What will you learn?
- Help create meaningful roles within our lives
- Enhance self-esteem and self-worth
- Decrease isolation, providing an environment to meet new people and build friendships
Tuesday Evening

We Care Well: Recovery Workshop Series for Family Caregivers - Virtual

Facilitator(s):
Chandra Amodeo
Peer Support Specialist

Elaine Miller
Patient and Family Relations Leader

Course Type:
Self-discovery and identifying strengths

Start / End Date:
Sep 12 – Oct 17

Start / End Time:
6:00 pm – 7:30 pm

Number of Sessions:
5

What will we do?
Through this series of five 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 loved ones. There will also be an opportunity to learn about technologies or innovations that support our role as caregivers. Family caregivers will also work with a Bioethicist to become familiar with the Mental Health Act and the role of a Substitute Decision Maker. There will also be an opportunity to speak freely amongst those with lived experience.

What will we learn?

- How to Practice the application of non-violent communication model
- How Practice self-compassion and self-care in the role as caregivers.
- How to Demystify the Mental Health Act and discuss how to advocate for yourself and your loved one.
- Learning the role and rights of acting as a Substitute Decision Maker.
Wednesday Mornings

Exploring Non-Attachment A - Virtual
Facilitator(s): Sue Hie RPN
Heather Morhorn RPN
Course Type: Learning and Understanding

What will we do?
The purpose of this program is to engage in both discussions with our peers and with the curriculum to learn and bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences and understand that as we cling to these ideas we also create more suffering. In this group we will be discussing some Buddhism practices and principles. We will also explore the Mindfulness practice of letting go.

What will you learn?
- We will explore Attachment theories
- What is Non-attachment
- Buddhist Principles of non-attachment
- Ways to practice Non-Attachment

Start / End Date:
(Session A)
Sep 6 – Oct 11

Start / End Time:
9:00 AM - 10:15 AM

Number of Sessions:
6

Understanding Burnout B - Virtual
Facilitator(s): Sue Hie RPN
Heather Morhorn RPN
Course Type: Learning and Understanding

What will we do?
Are you feeling overwhelmed and burnt out? The prolonged stress of burnout can leave us feeling physically and mentally exhausted and drained. In this course we will look at identifying the signs and symptoms of burnout and how to utilize different coping strategies to get your wellness to a place where you want it to be. In this space we will have the opportunity to learn from each other and share strategies and experiences.

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

Start / End Date:
(Session B)
Oct 25 – Nov 29

Start / End Time:
9:00 AM - 10:15 AM

Number of Sessions:
6
Wellness Wednesday - Virtual

Facilitator(s): 

Course Type: 
Skills Development

Start / End Date: 
(Session A) 
Sep 13 – Nov 1

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

Number of Sessions: 8

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 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 our overall wellness.

What will we learn?

- Identifying activities within each domain that are enjoyable
- Learning new ways to improve their overall wellness through leisure
- Promoting increased self-care through relaxation and healthy leisure experiences

Environmental Services Skills Course – In-Person

Facilitator(s): 
Chandra Amodeo, Peer Support Specialist

Course Type: 
Vocational

Start / End Date: 
(Session A) 
Sep 6 – Oct 11

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

Number of Sessions: 6

What will we do?
Did you know that a clean environment helps provide self-worth? It can also be therapeutic, help with positivity, keep yourself and others safe, and promote a healthier lifestyle. Are you aware that there is an established way to clean properly? Would you like to learn cleaning skills that you can use in your daily life or put on your resume to help you obtain a career in Environmental Services? If so, then this is the course for you!

What will we learn?

- Overview of duties and tasks of an Environmental Service Worker
- Proper use of housekeeping carts and equipment
- Safe working habits and musculoskeletal disorders
- The 3 moments of hand hygiene for an Environmental Service Worker
- Introduction to chemicals and safe usage
- The essentials of cleaning and methodology
- The modes of transmission
- How to clean floors safely
- Waste management
Recognizing Basic Goodness and Happiness Within – In-Person

**Facilitator(s):**
Keith Wilen, Peer Support Specialist
Galen Peer Tutor

**Course Type:**
Skills Development

**Start / End Date:**
(Session A)
Sep 6 – Oct 11

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

**Number of Sessions:**
6

**What will we do?**
Sometimes when we are faced with adversity and challenges in our lives, especially when it comes to our mental health, it is easy to get discouraged and have an outlook of doom and gloom as we try to move forward in our recovery journeys. This course offers a look at life through a lens that we are all whole and complete with everything we need to give something wonderful back to the world. Plenty of examples, videos, group discussion, and helpful practices will be incorporated into the course.

**What will we learn?**
In a supportive environment, students will gain a new perspective with coping with difficulties and challenges and how to apply them to our daily lives.

Cultivating Happiness and Joy – In-Person

**Facilitator(s):**
Chandra Amodeo Peer Support Specialist
Nicole Meens Miller Peer Support Specialist

**Course Type:**
Learning and Understanding

**Start / End Date:**
(Session B)
Oct 25 – Nov 29

**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 influences our mental and physical health. And finally, we will look at how happiness & joy impacts our recovery and well-being.

**What will we learn?**
- Why are happiness & joy so important?
- Is there a relationship between mental health, happiness, and joy?


**Wednesday Afternoons**

**Self-Esteem – Virtual**

**Facilitator(s):**
Chandra Amodeo, Peer Support Specialist
Keith Wilen, Peer Support Specialist

**Course Type:**
Learning and Understanding

**Start / End Date:**
(Session A)
Sep 6 – Oct 11

**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 we 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

**Understanding Burnout A – In-Person**

**Facilitator(s):**
Sue Hie RPN
Heather Morhorn RPN

**Course Type:**
Learning and Understanding

**Start / End Date:**
(Session A)
Sep 6 – Oct 11

**Start / End Time:**
1:00 PM – 2:15 PM

**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 we learn?**
- In this course we hope to learn to recognize when we are experiencing burnout and learn strategies to help us get through it.
Budget Bites: Eating Well on a Budget – In-Person

Facilitator(s):
Nicole Meens Miller
Peer Support Specialist
Olyvia Peer Tutor

Course Type:
Skills Development

Start / End Date:
(Session A)
Sep 6 – Oct 11

Start / End Time:
1:00 PM - 2:15 PM

Number of Sessions:
6

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.

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

The Art of Craft A – In-Person

Facilitator(s):

Course Type:
Leisure, health and wellness

Start / End Date:
(Session A)
Sep 6 – Oct 11

Start / End Time:
1:00 PM - 2:15 PM

Number of Sessions:
6

What we will 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.

What will you 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.

Who Am I? B – Virtual

Facilitator(s):
Chandra Amodeo, Peer Support Specialist
Keith Wilen, Peer Support Specialist

Course Type:
Learning and Understanding

Start / End Date:
(Session B)
Oct 25 – Nov 29

Start / End Time:
1:00 PM – 2:15 PM

Number of Sessions:
6

What will we do?
Whether we are coming out of the fog of mental health, addiction, or a major life change, "Who am I?" is a question we may find ourselves not knowing the answer to. We may have spent much of our lives working to please or satisfy the expectations of others or you may simply be ready for a change. This group will help you to explore your values, your happiness, life satisfaction, your likes, and your dislikes, to find the best possible answer to this elusive question.

What will we learn?
• Examining life events that can alter our sense of being
• Exploring our values and how we live our lives to its truest form
• Identifying feelings and thoughts while regulating negative emotions
• Looking at how to make change
• Reflecting on our strengths and what we are good at
• What makes us happy

Exploring Non-Attachment B – In-Person

Facilitator(s):
Sue Hie RPN
Heather Morhorn RPN

Course Type:
Learning and Understanding

Start / End Date:
(Session B)
Oct 25 – Nov 29

What will we do?
The purpose of this program is to engage in both discussions with our peers and with the curriculum to learn and bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences and understand that as we cling to these ideas we also create more suffering. In this group we will be discussing some Buddhism practices and principles. We will also explore the Mindfulness practice of letting go.

What will you learn?
• We will explore Attachment theories
• What is Non-attachment
The Art of Craft B – In-Person

What we will 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.

What will you learn?
To demonstrate increased knowledge of a variety of crafting styles and techniques as demonstrated in weekly themed exercises.

Off the Wall Miniatures Painting with Deb – In-Person

What will we do?
We will be painting plastic miniature figures, Warhammer 40k/Age of Sigmar, that can be used for table top games, or kept as collectables.

What will we learn?

- How to choose a colour scheme
- How to properly thin and apply acrylic paint
Leisure, health and wellness

Start / End Date:
(Session A)
Sep 6 – Oct 25

Start / End Time:
3:00 PM - 4:15 PM

Number of Sessions:
8

- How to use a wet palette
- How to layer paint
- How to drybrush paint
- How and when to use shades
- How to base the model

Recreation Horticulture – In-Person

What will we do?
Horticulture Therapy (HT) is a formal practice that uses plants, horticultural activities, and the garden landscape to promote well-being for its participants. This class offers a 6-week introduction to this practice including a series of structured lessons, discussions, and hands on activities. We encourage you to get your hands ‘dirty’ and feel the connection to the Earth around you.

What will we learn?
By the end of the 6 weeks, our hope is for participants to understand:
- What is Horticulture Therapy?
- What are the benefits of including this practice into my wellness routine?
- Basic terminology and understanding of plant growth requirements and life cycles
- Hands-on activities include harvesting, tending to the garden, pickling, canning, making salsa, flower pressing and cooking a full meal from the garden.

*Please inform the instructors of any food or seasonal allergies or sensitivities that you have when you register for this class*
Yoga Flow @ the Whitby Library

Facilitator(s):
Julie Murray
Recreation Therapist

Sue Hie
RPN

Course Type:
Skills Development

Start / End Date:
(Session B)
Oct 4 – Oct 25

Start / End Time:
3:00 PM – 4:15 PM

Number of Sessions:
4

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, concentrating, 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 we learn?
- Becoming more aware of the mind and body connection in relation to stress and ways to release it
- Maintaining and/or increase personal balance, flexibility, and strength through continuous participation in this session
- Building confidence to continue to practice after the session has ended for continued benefits

Expressive Arts – In-Person

Facilitator(s):
Julie Murray
Recreation Therapist

Course Type:
Skills Development

Start / End Date:
Session B
Nov 1 – Nov 29

Start / End Time:
3:00 PM – 4:15 PM

Number of Sessions:
5

What will we do?
We know that when we create something, we feel better! Each week we will create a piece that is based on a different theme and discover the connection to the person who made it. We will take a journey that invites us to consider each person’s unique story. This is about sharing stories, finding your voice, making meaningful connections and discovering new tools for personal awareness and recovery. You do not need to be creative...just willing to participate! This group is spontaneously creative, judgment free and open to all!

What will you learn?
- Actively engaging in the process of creating art without fear or self-criticism,
- Making a personal connection between artistic experience and emotions,
- Expressing your personal story/recovery journey through art
### Wednesday Evening

#### Find Some Fun: Leisure Education - Virtual

| Facilitator(s):       | Julie Murray  
|                       | Recreation Therapist |
| Course Type:          | Leisure, Health and Wellness |
| Start / End Date:     | (Session A) Sep 13 – Oct 25 |
| Start / End Time:     | 5:15 PM – 6:30 PM |
| Number of Sessions:   | 8 |

**What will we do?**

During this 8-week session we will break down what recreation, leisure and free time are. We will also discuss more importantly, how it relates to us and how we use our time. We will look at identifying barriers and getting past those barriers, accessing community resources, exploring new leisure activities plus factors that we may need to consider such as moving or our physical health. Each week will tackle a different topic as it relates to improving our quality of life through leisure.

**What will we learn?**

- Understanding how free time choices contributes to health, happiness, and personal transformation
- Giving a platform to explore and experience new activities or revisiting previous activities that were fulfilling
- Replacing boredom and raising awareness of meaningful activities

#### Relax with Zentangle - Virtual

| Facilitator(s):       | Julie Murray  
|                       | Recreation Therapist |
| Course Type:          | Leisure, Health and Wellness |
| Start / End Date:     | (Session B) Nov 8 – Nov 29 |
| Start / End Time:     | 5:15 PM – 6:30 PM |
| Number of Sessions:   | 4 |

**What will we do?**

The main goal of Zentangle© Inspired Art is an easy to learn art form that help promote relaxation, stress reduction and to reach flow. By using smaller paper tiles made out of cardstock instead of the regular sized paper, feelings of being overwhelmed while creating is minimized. Additionally, your creation becomes a unique piece of artwork that you can do anywhere. Learn how to create your own small art kit to take with you, so you can practice this art form wherever you are.

**What will we learn?**

- To experience the relaxation aspects of small tile drawing; getting lost in the flow of repetition, rhythm, and pattern to create fun pieces
- To demonstrate how practicing with smaller tiles can allow promote increased relaxation and stress management
Thursday Mornings

Exploring Core Beliefs A - Virtual

Facilitator(s):
Sue Hie
RPN
Heather Morhorn
RPN

Course Type:
Learning and Understanding

Start / End Date:
(Session A)
Sep 7 – Oct 12

Start / End Time:
9:00 AM - 10:15 AM

Number of Sessions:
6

What will we do?
Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Through structured curriculum, activities, and discussion we will explore our core beliefs and find ways to leverage them while maintaining our recovery wellness.

What will we learn?
- To explore our Core beliefs
- To understand where our core beliefs come from
- How our core beliefs impact us on a day-to-day basis
- How to leverage our core beliefs in perusing, maintaining our recovering wellness

Radical Acceptance B - Virtual

Facilitator(s):
Sue Hie
RPN
Heather Morhorn
RPN

Course Type:
Learning and Understanding

Start / End Date:
(Session B)
Oct 26 – Nov 30

Start / End Time:
9:00 AM - 10:15 AM

Number of Sessions:
6

What will we do?
In this course we will learn how Radical Acceptance can help to recognize and identify emotions that can be difficult to feel as well as tools to help recognize unhelpful thoughts, which can help us gain the power back to direct our emotions in a way that will allow us to grow. In this space we will have the opportunity to learn from each other and share strategies and experiences.

What will we learn?
- We will learn how to speak more compassionate to ourselves with various techniques, self-talk, as well as some meditation practices.
- We will learn how to recognize our emotions, feel them, and change the way we think and let go of all those emotions we can tend to cling to.
## Progressive Low Impact Exercise - Virtual

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

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

**Start / End Date:**
- (Session A)
  - Sep 14 – Nov 30

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

**Number of Sessions:**
- 12

**What will we do?**
This program will combine discussion, demonstration, and instruction to ensure that everyone gets more physically active while challenging their level of fitness. Each week we will complete a 50 to 60-minute exercise program. This program will combine yoga, muscle strengthening using light weights, balance work as well as core and cardio exercises. For each class, please have a non-wheeled chair available along with water to drink and some type of resistance equipment available such as light weight hand weights, resistance bands or food cans/full water bottles.

**What will we learn?**
- Learning new exercise options that do not involve going to the gym and that are safe to do
- Developing a new exercise routine that can be done at home with minimal equipment
- Confidently become more physically active

## Coping with Depression – In-Person

**Facilitator(s):**
- Keith Wilen
  - Peer Support Specialist
- Chandra Amodeo
  - Peer Support Specialist

**Course Type:**
- Self-discovery and identifying strengths

**Start / End Date:**
- (Session A)
  - Sep 7 – Oct 12

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

**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
My Stories My Voice A - Virtual

Facilitator(s):
Sue Hie
RPN
Lori
Peer Tutor

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Sep 7 – Oct 12

Start / End Time:
10:30 AM – 11:45 AM

Number of Sessions:
6

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 we learn?
• Participate in a series of activities that will help you to get comfortable with the process
• Mine your memory for experiences you would like to use in the story you choose to tell
• Have one on one feedback sessions with an instructor
• Have the opportunity to share your story in progress with your group of peers
• Tell your story during the final session of the course

My Stories My Voice B - Virtual

Facilitator(s):
Sue Hie
RPN
Lori
Peer Tutor

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session B)
Oct 26 – Nov 30

Start / End Time:
10:30 PM – 11:45 PM

Number of Sessions:
6

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 we learn?
• Participate in a series of activities that will help you to get comfortable with the process
• Mine your memory for experiences you would like to use in the story you choose to tell
• Have one on one feedback sessions with an instructor
• Have the opportunity to share your story in progress with your group of peers
• Tell your story during the final session of the course
Communication & Conflict – In-Person

Facilitator(s):
Keith Wilen
Peer Support Specialist
Chandra Amodeo
Peer Support Specialist

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session B)
Oct 26 – Nov 30

Start / End Time:
10:30 AM – 11:45 AM

Number of Sessions:
6

What will we do?
This is a course for people who want a better understanding of conflict and how our communication can impact the conflict in our lives. As a group, we will look at why some conflicts happen, we will learn effective communication skills for conflict resolution, as well as to learn strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others.

What will we learn?
• We will identify types of conflict and how this can impact our relationships
• We will also learn skills to enhance our communication styles
• We will teach each other new techniques by sharing what has worked for us
Thursday Afternoons

**Building Better Boundaries – Virtual**

**Facilitator(s):**
Keith Wilen, Peer Support Specialist  
Chandra Amodeo, Peer Support Specialist

**Course Type:** Skills Development

**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.

**Start / End Date:**  
(Session A)  
Sep 7 – Oct 12

**Start / End Time:**  
1:00 PM – 2:15 PM

**Number of Sessions:** 6

**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

**Managing Anger A – In-Person**

**Facilitator(s):**
Sue Hie, RPN  
Heather Morhorn, RPN

**Course Type:** Learning and Understanding

**What will we do?**
In this course we will explore the emotion of anger and how it impacts us within our relationships with both others, and ourselves, along with the impact physically on our body. The course is filled with practical wisdom along with techniques that will assist individuals to explore the emotion of anger but more importantly what are the emotions that lie underneath the anger.

**What will we learn?**
- What is anger
- Emotions that lie underneath the anger
- Tools that help support and manage our emotions
- Looking at the aggression cycle
Art Now - Virtual
Facilitator(s):
Leah Johnston, Peer Support Specialist
Kati Peer Tutor

Course Type:
Skills Development

What will we do?
If you are a creative mind that likes art as an outlet for self-expression and you are interested in how our identities are conveyed through art, then this is the course 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 identity, and learn new ways to communicate through art.

What will you Learn?
• Learn how others share their stories
• Learn about different artistic techniques/outlets
• Learn how identities are expressed via artistic expression
• Practice active listening skills
• Develop leadership skills

Course Facilitation Skills Training (CFST) – Virtual
Facilitator(s):
Keith Wilen, Peer Support Specialist
Chandra Amodeo Peer Support Specialist

Course Type:
Skills Development

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

What will we learn?
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 and develop leadership skills
The Art of Social Interaction B – In-Person

**Facilitator(s):** Sue Hie, RPN
Heather Morhorn, RPN

**Course Type:** Learning and Understanding

**Start / End Date:** (Session A)
Oct 26 – Nov 30

**Start / End Time:**
1:00 PM – 2:15 PM

**Number of Sessions:**
6

**What will we do?**
For 6 weeks we will have healthy conversations to build up your communication skills and look at the benefits of social interactions, with our mental health.

**What will you learn?**
The importance of social interaction and how social interaction can provide a sense of belonging, promote positive relationships, improve your self-confidence and self-worth and better understanding of the world around you.

Getting to Know Your Library – Whitby - Virtual

**Facilitator(s):** Whitby Public Library

**Date:** Oct 19

**Course Type:** Learning and Understanding

**Start / End Time:**
1:00 PM – 2:15 pm

**Number of Sessions:**
1

**What will we do?**
Want to learn about your local library? We will have a librarian from the Whitby 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.

**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

Getting to Know Your Library – Oshawa - Virtual

**Facilitator(s):** Oshawa Public Libraries

**Date:** Oct 26

**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
**Discovering Watercolour Painting A - Virtual**

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

Ashley
Peer Tutor

**Course Type:**
Skills Development

**Start / End Date:**
(Session A)
Sep 14 – Oct 19

**Start / End Time:**
3:00 PM - 4:15 PM

**Number of Sessions:**
6

**What will we do?**
In this course you will learn something new each week about creating with water colours. Weekly, you will be working on a water colour skill that you can use to finish your work in progress during the rest of the week. There will be a short opportunity at the beginning of the next painting session to share your completed piece if you wish. At the end of this course, you will have a beautiful collection of water colour pieces that you have created.

**What will we learn?**
- You will learn various ways to use water colour paints.
- This is a judgement free zone; the goal is to enjoy the process and have fun
- Patience, as you cannot rush a water colour painting
- Building your creativity and self-esteem while expressing yourself through art.

Please note that the supplies for this group are not provided. A supply list will be sent out to you prior to the start of the group, so that you can purchase the supplies yourself.

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**Discovering Watercolour Painting B - Virtual**

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

**What will we do?**
In this course you will learn something new each week about creating with water colours. Weekly, you will be working on a water colour skill that you can use to finish your work in progress and how to access them. We will learn all about how your local library can help you on your journey.

**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
during the rest of the week. There will be a short opportunity at the beginning of the next painting session to share your completed piece if you wish. At the end of this course, you will have a beautiful collection of water colour pieces that you have created.

**What will we learn?**

- You will learn various ways to use water colour paints.
- This is a judgement free zone; the goal is to enjoy the process and have fun
- Patience, as you cannot rush a water colour painting
- Building your creativity and self-esteem while expressing yourself through art.

Please note that the supplies for this group are not provided. A supply list will be sent out to you prior to the start of the group, so that you can purchase the supplies yourself.
Friday Mornings

CHIME A - Virtual

**Facilitator(s):**
Heather Morhorn RPN
Lorie Peer Tutor

**Course Type:**
Skills Development

**Date:**
(Session A)
Sep 8 – Oct 13

**Start / End Time:**
9:00 AM – 10:15 AM

**Number of Sessions:**
6

**What will we do?**
We will explore the CHIME framework for personal recovery that covers five components which are Connection, Hope, Identity, Meaning, empowerment.

**What will we learn?**
- Explore the importance of Connection
- Rebuilding positive sense of identity
- Focus on strengths
- Explore Meaning in our mental health experience
- Help build Beliefs in our recovery

Women's Group - Virtual

**Facilitator(s):**
Nicole Meens Miller Peer Support Specialist
Chandra Amodeo Peer Support Specialist
Colleen Peer Tutor

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session A)
Sep 8 – Oct 13

**Start / End Time:**
9:00 AM – 10:15 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

Managing Anger B – In-Person

Facilitator(s):
Sue Hie
RPN
Heather Morhorn
RPN

Course Type:
Learning and Understanding

Start / End Date:
(Session B)
Oct 27 – Dec 1

Start / End Time:
9:00 AM – 10:15 AM

Number of Sessions: 6

What will we do?
In this course we will explore the emotion of anger and how it impacts us within our relationships with both others, and ourselves, along with the impact physically on our body. The course is filled with practical wisdom along with techniques that will assist individuals to explore the emotion of anger but more importantly what are the emotions that lie underneath the anger.

What will we learn?
• What is anger
• Emotions that lie underneath the anger
• Tools that help support and manage our emotions
• Looking at the aggression cycle

Living Well with Type 2 Diabetes: A Wellness Approach - Virtual

Facilitator(s):
Julie Murray
Recreation Therapist
Joanna Ramsay
Registered Dietician

Course Type:
Leisure, health and wellness

Date:
(Session A)
Sep 15 – Oct 27

Start / End Time:
10:30 AM – 11:45 AM

What will we do?
The purpose of this program is to provide current best practice information for those living with pre-diabetes and type 2 diabetes. This is not a treatment-based program; however, we will be providing general information related to promoting blood sugar management. Topics covered will include reviewing carbohydrates, meal planning, reading food labels specifically geared towards diabetes, hypoglycemia, stress management, the importance of sleep, and how physical activity can assist you in maintaining a healthy lifestyle to be a healthier you. We will promote group discussion and physical activity during each session. This group is facilitated by Joanna, a Registered Dietitian and Julie, a Personal Trainer.

What will we learn?
• An increased knowledge and awareness of healthy eating and physical activity as they impact a diabetic lifestyle
• To identify strategies related to increased physical activity and improved dietary habits through weekly discussion and activity
• To learn to find personal balance by making healthy lifestyle choices that promote blood sugar management

Creative Colouring – In-Person

Facilitator(s):
Keith Wilen
Peer Support Specialist
Chandra Amodeo
Peer Support Specialist

Course Type:
Self-discovery and identifying strengths

What will we do?
Colouring is a place to be creative even if you feel you, are not a creative person. Card stock colouring templates are provided as well as colouring materials, so participants 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 is fun! We will listen to music, and chat.

What will we learn?
• Socializing
• Communication
• Relaxation
• Focus
• Calm
• Feelings of validation and achievement

“Old School” Card Making – In-Person

Facilitator(s):
Julie Murray
Recreation Therapist

Course Type:
Leisure, health and wellness

What will we do?
As the December holidays approach, making your own cards is often found to be a labour of love and very much appreciated by the person who receives them. There are many ways to create beautiful cards without having to use an expensive cutting machine. Each week, several cards will be demonstrated and then you will have the opportunity to make your personal version. As this is an in-person program, supplies will be provided.

What will we learn?
• We will how to various types of paper to create your own holiday cards
• To appreciate the importance of social connection through card making
• To develop our skills and confidence to continue making cards
Overcoming Barriers That Can Make Us Feel Stuck – In-Person

**Facilitator(s):**
John Brown
Vocation Instructor
Galen
Peer Tutor

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session B)
Oct 6 – Dec 1
**No class Oct 13**

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

**Number of Sessions:**
8

**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.

**What will we learn?**
- An introduction to learned helplessness and how we feel we have no influence/control in our life and health (but we do). Exploring how we can obsess over bad things in our life and ignore the positives
- People do not like change but embracing it is how we and the world grow
- Exploring and identifying harmful patterns of thinking that keep us stuck
- How optimism is a key to better health
- How to begin to move forward from these harmful habits
- Learn from people who have actually changed their life

Advocacy B – In-Person

**Facilitator(s):**
Keith Wilen
Peer Support Specialist
Chandra Amodeo
Peer Support Specialist

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session B)
Oct 27 – Dec 1

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

**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 we learn?**
This course will teach you how to express your views and concerns effectively, access information and services, defend and promote your rights and explore choices and options. Each week will focus on one of the following themes:
Number of Sessions: 6

- Advocacy and the Importance of Self-Care
- Advocating to Family and Friends
- Advocacy within a Health Care Setting
- Advocacy within the Community
Friday Afternoons

Advocacy A - Virtual

Facilitator(s):
Keith Wilen
Peer Support Specialist
Chandra Amodeo
Peer Support Specialist

Course Type:
Self-discovery and identifying strengths

Start / End Date:
(Session A)
Sep 8 – Oct 13

Start / End Time:
1:00 PM – 2:15 PM

Number of Sessions:
6

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

- Advocacy and the Importance of Self-Care
- Advocating to Family and Friends
- Advocacy within a Health Care Setting
- Advocacy within the Community

Yoga Flow - Virtual

Facilitator(s):
Julie Murray
Recreation Therapist

Course Type:
Leisure, health and wellness

Date:
(Session A)
Sep 15 – Dec 1

Start / End Time:
1:00 PM – 2:15 PM

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, concentrating, 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 we learn?
Number of Sessions: 12

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

Learning About Radical Acceptance A – In-Person

Facilitator(s):
- Sue Hie RPN
- Heather Morhorn RPN

Course Type:
Learning and Understanding

Start / End Date:
(Session A)
Sep 8 – Oct 13

Start / End Time:
1:00 PM – 2:15 PM

What will we do?
In this course we will learn how Radical Acceptance can help to recognize and identify emotions that can be difficult to feel as well as tools to help recognize unhelpful thoughts, which can help us gain the power back to direct our emotions in a way that will allow us to grow. In this space we will have the opportunity to learn from each other and share strategies and experiences.

What will we learn?
- We will learn how to speak more compassionate to ourselves with various techniques, self-talk, as well as some meditation practices.
- We will learn how to recognize our emotions, feel them, and change the way we think and let go of all those emotions we can tend to cling to.
**Identifying Unhealthy Relationships – Virtual**

**Facilitator(s):**
Keith Wilen
Peer Support Specialist
Chandra Amodeo
Peer Support Specialist

**Course Type:**
Self-discovery and identifying strengths

**Start / End Date:**
(Session B)
Oct 27 – Dec 1

**Start / End Time:**
1:00 PM – 2:15 PM

**Number of Sessions:**
6

**What will we do?**
Walking away from unhealthy relationships is not always possible or easy. Through education and discussion, this course looks at ways to minimize the negative impact of those relationships. If we believe we are worthy of respect, kindness, and consideration, we will be able to surround ourselves with people who lift us up, rather than diminish us.

**What will we learn?**
- To recognize patterns in unhealthy relationships
- To understand why we stay in unhealthy relationships as long as we do
- How to decide whether or not it is time to let go
- To identify unhealthy relationships through determining our own strengths
- About changes we can make in our own choices and behaviour to improve our wellness and, subsequently, the relationships we find ourselves in

**CHIME B – In-Person**

**Facilitator(s):**
Sue Hie
RPN
Heather Morhorn
RPN

**Course Type:**
Learning and Understanding

**Start / End Date:**
(Session B)
Oct 27 – Dec 1

**Start / End Time:**
1:00 PM – 2:15 PM

**Number of Sessions:**
6

**What will we do?**
We will explore the CHIME framework for personal recovery that covers five components which are Connection, Hope, Identity, Meaning, empowerment.

**What will we learn?**
- Explore the importance of Connection
- Rebuilding positive sense of identity
- Focus on strengths
- Explore Meaning in our mental health experience
- Help build Beliefs in our recovery