

Summer 2021 Virtual course offerings

COURSE TITLE	COURSE DESCRIPTION	Facilitators	Day of week	# of sessions	Dates
<p>Learning About Mindfulness</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • The 9 attitudes of mindfulness from Jon Kabat-Zinn • To stay in the present in order to foster a positive and comfortable emotional state 	<p>Heather and Sue</p>	<p>Monday 9:00am-10:15am</p>	<p>12</p>	<p>May 3 – July 26 No class on Monday, May 24</p>
<p>CMHA Codesign Class</p>	<p>What will we do? Through working groups, students will engage in the co-design and co-production of creating content/programming to be used at the Recovery College.</p> <p>What will you learn? Using assessments, self-reflective exercises, and group activities, students will learn and apply the principles of co-design, lesson planning, and how to work effectively in a group while producing and/or sourcing course content.</p>	<p>Marie, Keith and James</p>	<p>Monday 1:00pm-2:15am</p>	<p>8</p>	<p>May 3- June 28 No class on Monday, May 24</p>

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<p>Building Resiliency</p>	<p>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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • What personal resiliency is • To identify and learn how to apply resiliency skills to current and future stressors 	<p>Heather and Sue</p>	<p>Tuesday 9:00am-10:15am</p>	<p>12</p>	<p>May 4 – July 20</p>
<p>Dealing with Stigma</p> <p>DMHS Collaboration</p>	<p>What will we do? It is all too common for individuals living with mental illness and addiction issues to be faced with many challenges in society. In this course we will explore a wide variety of ways of how we can collectively work towards combatting stigma and equip ourselves with the education needed to work towards a societal changed behaviour of acceptance.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • What is stigma and the impact it has in our communities • Tips and tools to help combat stigma • How to deal with difficult people • How to face difficult questions • Combat bullying • How to help educate others 	<p>Tanya, Keith and James</p>	<p>Tuesday 1:00pm-2:15pm</p>	<p>6</p>	<p>May 4 – June 8</p>

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<p>Peace Love Expressive Arts</p>	<p>What will we do: This group emphasizes the creative process while using different kinds of art and what it means to the person who is creating it. Often it is easier to create than it is to talk. It's not so much about what we create (although the result is pleasing) but how we get to the end result. During this group we will explore poetry, collages, safe spaces, colours and more as we create a journey that invites participants to consider each person's unique story. The expressive arts program is about sharing stories, finding your voice, making meaningful connections and discovering new tools for personal awareness and recovery.</p> <p>What will we learn: Each weekly session will have goals specific to the activity.</p> <ul style="list-style-type: none"> • active engagement in the process of creating art without fear or self-criticism • how to demonstrate a personal connection between the artistic experience and emotions • how to utilize creative expression to connect as a cohesive group and utilizing art to tell a personal story about self and/or recovery. 	<p>Julie</p>	<p>Tuesday 3:00pm-4:15pm</p>	<p>4</p>	<p>May 4 - May 25</p>
<p>Purposeful Living</p>	<p>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 derail 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.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To develop and apply personalized strategies for managing and coping with stressful situations 	<p>Heather and Sue</p>	<p>Wednesday 9:00am-10:15am</p>	<p>12</p>	<p>May 5 – July 21</p>

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<p>Growing Gratitude</p>	<p>What we will do? Gratitude is an emotion expressing appreciation for what one has. In this 4-week program, we will introduce participants to concepts of gratitude, as well as opportunities to practice gratitude interventions with an outcome of cultivating happiness. Awareness and knowledge of gratitude and the benefits it can have on your recovery and overall well-being</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • How to recognize and appreciate more ways to cultivate gratitude • Different tools and interventions to apply gratitude within your lives. 	<p>Amanda</p>	<p>Wednesday 10:30am-11:45am</p>	<p>4</p>	<p>May 5 - 26</p>
<p>When Anxiety and Panic Attack</p>	<p>What will we do? This is a peer-led course for people living with panic and anxiety who want to share their experiences of what has worked for them, as well as to learn new tools from each other. We will talk about why anxiety and panic happen and how we can help ourselves live with the uncomfortable sensations they produce. We will also talk about building resiliency and lifestyle factors that can help or harm us when living with panic and anxiety.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • We will speak generally about what happens in the body during anxiety and panic attacks, and why the unpleasant symptoms occur in order to decrease fear during an attack. • We will also learn tools for dealing with anxiety in general. • We will teach each other new techniques by sharing what has worked for us. 	<p>Keith and James</p>	<p>Wednesday 1:00pm-2:15pm</p>	<p>6</p>	<p>May 5 – June 9</p>

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<p>Yoga</p>	<p>What will we do? Yoga helps to develop cognitive and physical techniques for maintaining and/or improving balance, flexibility and strength. This in turn assists with better managing, and/or reducing daily stressors. This program will incorporate instruction, demonstration and practice to enhance the opportunity to make the mind and body connection to wellness. There is always potential injury and prevention includes education, warm up, and modifications if needed while teaching you to respect/listen to your body and following appropriate exercise guidelines. No yoga experience is required. The class will be approximately 50 minutes with the extra time for questions.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • To develop, maintain and/or increase personal balance and flexibility through continuous participation in this program. Demonstration, instruction and modification are provided as needed. • To demonstrate relaxation and stress management techniques through participation and practice during regularly scheduled sessions. Participant will be able to make the connection between mind and body. Participants will be able to utilize principles between sessions. 	<p>Julie</p>	<p>Wednesday 3:00pm-4:15pm</p>	<p>4</p>	<p>May 5 – June 2 (5 weeks – no class on May 26)</p>
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<p>Road to Recovery Through Goal Setting</p>	<p>What will we do? Do you want to feel empowered to take control of your recovery journey? In this group we will engage in discussions and self reflection about recovery theory and what recovery means to us. We will apply our learnings in developing goals that will help us live lives that we deem as purposeful and meaningful.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • About the personal recovery movement and philosophy and how it applies to our lives • How to set goals that help us live a purposeful and meaningful life despite the presence of mental distress 	<p>Heather and Sue</p>	<p>Thursday 9:00am-10:15am</p>	<p>6</p>	<p>May 6 – June 10</p>
<p>My Story. My Voice DMHS Collaboration</p>	<p>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.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • 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 	<p>Sue, Lori and Tanya</p>	<p>Thursday 10:30am-11:45am</p>	<p>8</p>	<p>May 6 – June 24</p>

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<p>Building Better Boundaries</p>	<p>What will we do? Do you know how to identify your boundaries? Are you comfortable saying “No,” if someone crosses your boundaries? Would you like to learn how to set personal boundaries and feel confident executing them? If so, then this is the course for you!</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • Discover what a boundary is and how you can establish ones that work for you. • Learn how your boundaries can both protect and promote yourself. • Understand how to use boundaries to help you achieve your goals and dreams. • Recognize how respectful boundaries can bring value to your mental, emotional and physical health. 	<p>Keith and James</p>	<p>Thursday 1:00pm-2:15pm</p>	<p>6</p>	<p>May 6- June 10</p>
<p>Finding Happiness & Joy Through Flow</p>	<p>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? Or, what is flow exactly? In this 4-week group we will look at the differences between happiness, joy and the psychology behind them. We will explore factors that create these emotions but also obstacles that can make it difficult. We will consider how our awareness of these emotions influence our mental and physical health. And finally, we will look at how flow impacts our recovery and well-being.</p> <p>What you will learn:</p> <ul style="list-style-type: none"> • Why are happiness, joy and flow so important? • Is there a relationship between mental health, happiness and joy? 	<p>Julie</p>	<p>Thursday 3:00pm-4:15pm</p>	<p>4</p>	<p>May 6 - May 27</p>

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<p>Women's Group</p>	<p>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.</p> <p>What will we learn:</p> <ul style="list-style-type: none"> • 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 	<p>Leah and Holly</p>	<p>Friday 10:30am-11:45am</p>	<p>8</p>	<p>May 28- July 16</p>
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<p>Human Trafficking Workshop</p>	<p>What will we do? Domestic sex trafficking affects people in our local community; but we are not powerless against it. Through education provided by Victim Services of Durham Region, we will become empowered to take proactive steps to prevent domestic sex trafficking and identify it and react appropriately if it does occur.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • About factors that increase vulnerability to domestic sex trafficking • How to identify and react if you or someone around you is being trafficked • About strategies to promote healthy relationships and online safety • How to identify and leverage safe supports 	<p>Guest: Karly Church</p> <p>Victim services</p>	<p>Friday 10:00am-12:00pm</p>	<p>1</p>	<p>June 18</p>
<p>Men's Group</p>	<p>What will we do: The purpose of this group is to better understand issues that males face that are important to them. We will openly discuss these in a caring environment, supporting each other as we grow in our recovery and further develop, listening, supporting and problem-solving skills.</p> <p>What will we learn: To create a time for males to discuss personal issues that they deem important</p>	<p>Keith and James</p>	<p>Friday 1:00pm-2:15pm</p>	<p>8</p>	<p>May 28- July 16</p>

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<p>WRAP</p>	<p>What will we do? Take action! In this course we will develop action plans that we can use to prevent crisis, when we are in crisis, or post-crisis by identifying areas of support. We will find a sense of empowerment through having the opportunity to connect with our peers and share our lived experiences and insight.</p> <p>What will we learn? To identify healthy coping strategies, triggers, signs, and symptoms to inform our crisis related responses</p>	<p>Heather and Sue</p>	<p>Friday **2:30pm-3:45pm</p>	<p>8</p>	<p>May 7 – June 25</p>
<p>Understanding Fear</p> <p>Session B</p> <p>DMHS Collaboration</p>	<p>What will we do? This peer led group is intended to help people understand the many facets of fear, including the positive and negative attributes, traits, causes, and treatment.</p> <p>What will you learn? Participants will learn what fear is and how to recognize what fear feels like physically and emotionally. This group will help people to identify unhelpful responses to fear stimuli and explore strategies to combatting it.</p>	<p>Tanya, Keith and James</p> <p>DMHS</p>	<p>Tuesday 1:00pm-2:15pm</p>	<p>4</p>	<p>June 29- July 20</p>

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<p>Peace Love Expressive Arts</p> <p>Session B</p>	<p>What will we do: This group emphasizes the creative process while using different kinds of art and what it means to the person who is creating it. Often it is easier to create than it is to talk. It's not so much about what we create (although the result is pleasing) but how we get to the end result. During this group we will explore poetry, collages, safe spaces, colours and more as we create a journey that invites participants to consider each person's unique story. The expressive arts program is about sharing stories, finding your voice, making meaningful connections and discovering new tools for personal awareness and recovery.</p> <p>What will we learn: Each weekly session will have goals specific to the activity.</p> <ul style="list-style-type: none"> • active engagement in the process of creating art without fear or self-criticism • how to demonstrate a personal connection between the artistic experience and emotions • how to utilize creative expression to connect as a cohesive group and utilizing art to tell a personal story about self and/or recovery. 	<p>Julie</p>	<p>Tuesday</p> <p>3:00pm-4:15pm</p>	<p>4</p>	<p>June 22 - July 14</p>
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<p>My Best Self</p> <p>Session B</p>	<p>What will we do: This program focuses on discovering characteristics about yourself and developing a deeper understanding of your True Self. Building a positive identity can support a more positive life and wellbeing. Through interactive discussions, activities and questionnaires, you will discover your inner character strengths, values, personality dimensions, communication and relationship style. You will also learn about your leisure preferences.</p> <p>You will learn:</p> <ul style="list-style-type: none"> • Strategies to help build a more positive/authentic self, such as positive emotions, combating negative bias, gratitude, character strengths, personality dimensions etc. • How to interact as a group and build positive connections with one another. 	<p>Amanda</p>	<p>Wednesday</p> <p>10:30am-11:45am</p>	<p>4</p>	<p>June 2 – June 23</p>
<p>Coping with Current Events</p> <p>Session B</p>	<p>What will we do? We will discuss how we are coping during the pandemic. We will discuss self-care, self-compassion, navigating the media, boundaries, and daily routines. We will look at tools and skills to support ourselves during the pandemic.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • We will learn how we can implement healthy recovery-oriented habits into our lives during this difficult time. 	<p>Keith and James</p>	<p>Wednesday</p> <p>1:00pm-2:15pm</p>	<p>5</p>	<p>June 23- July 21</p>

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<p>Yoga</p> <p>Session B</p>	<p>What will we do? Yoga helps to develop cognitive and physical techniques for maintaining and/or improving balance, flexibility and strength. This in turn assists with better managing, and/or reducing daily stressors. This program will incorporate instruction, demonstration and practice to enhance the opportunity to make the mind and body connection to wellness. There is always potential injury and prevention includes education, warm up, and modifications if needed while teaching you to respect/listen to your body and following appropriate exercise guidelines. No yoga experience is required. The class will be approximately 50 minutes with the extra time for questions.</p> <p>What will you learn?</p> <ul style="list-style-type: none"> • To develop, maintain and/or increase personal balance and flexibility through continuous participation in this program. Demonstration, instruction and modification are provided as needed. • To demonstrate relaxation and stress management techniques through participation and practice during regularly scheduled sessions. Participant will be able to make the connection between mind and body. Participants will be able to utilize principles between sessions. 	<p>Julie</p>	<p>Wednesday</p> <p>3:00pm-4:15pm</p>	<p>4</p>	<p>June 23 – July 14</p>
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<p>Building Your Toolbox</p> <p>Session B</p>	<p>What will we do? When we are faced with a challenge, it is important to be equipped with the right tools. In this group we will engage with educational materials and in discussions with each other to fill our tool boxes. When life presents a challenge, we will be able to draw on these tools to rise to the challenge.</p> <p>What will we learn?</p> <ul style="list-style-type: none"> • To develop and use mental and physical tools to address stressors or challenges • To leverage our experiences of the five senses to enhance resiliency • To remove and replace tools that do not serve us 	<p>Heather and Sue</p>	<p>Thursday</p> <p>9:00am-10:15am</p>	<p>6</p>	<p>June 24 – Aug 5</p> <p>No class on July 1</p>
<p>Advocacy</p> <p>Session B</p>	<p>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!</p> <p>What will you learn? This course will teach you how to express your views and concerns effectively, access information and services, defend and promote your rights and explore choices and options. Each week will focus on one of the following themes:</p> <ul style="list-style-type: none"> • Advocacy and the Importance of Self-Care • Advocating to Family and Friends 	<p>Keith and James</p>	<p>Thursday</p> <p>1:00pm-2:15pm</p>	<p>5</p>	<p>June 24- July 29</p> <p>No class on July 1</p>

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	<ul style="list-style-type: none">• Advocacy within a Health Care Setting• Advocacy within the Workplace• Advocacy within the Community				
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