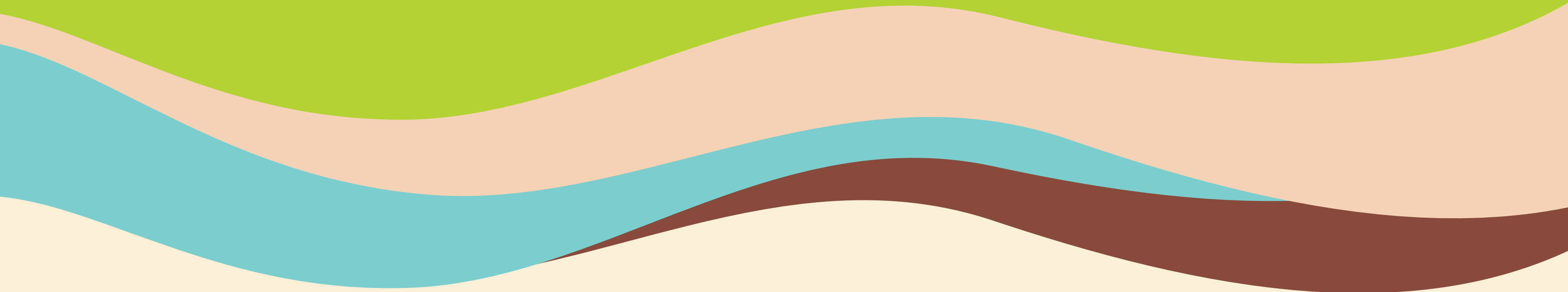




**Learning Centre**

# **Course Catalogue**

**Spring/Summer 2025**



The H.O.P.E. Learning Centre provides educational courses about mental health and well-being that promote recovery of quality of life, hope, empowerment, possibility, and connection.

We offer many free courses that are informative and interactive. We know that the best learning happens when lived experience is shared and valued. Our courses are collaboratively designed, developed, and delivered with individuals who have lived experience.

## **Peer Support**



All programming is delivered by staff who are Peer Specialists: Trained mental health professionals whose perspectives are enhanced by their lived experience with mental health concerns.

**Visit [www.cmhahkpr.ca/h-o-p-e-learning-centre/](http://www.cmhahkpr.ca/h-o-p-e-learning-centre/)  
or call 705-748-6711 (PTBO) or 705-328-2704 (KL)  
for more details!**

# **The CHIME Framework**

The courses offered by the H.O.P.E. Learning Centre are each built upon the CHIME Framework for Personal Recovery. The CHIME Framework was developed in 2011 by Mary Leamy and colleagues, who believed that people require a certain set of elements in their life in order to begin recovering and maintain that personal recovery journey. The purpose of the CHIME Framework is to address these essential recovery elements.

**CHIME stands for: Connectedness, Hope & Optimism, Identify, Meaning, and Empowerment.**

At the H.O.P.E. Learning Centre, we believe in the significance of the CHIME Framework. All of our courses aim to support the development of these CHIME elements in your life and help you work toward personal recovery and/or wellness.

# The C.H.I.M.E. Framework

## Connectedness

- Peer support & support groups
- Relationships
- Community

## Hope & Optimism

- Belief in recovery
- Motivation to change
- Hope-inspiring relationships
- Positive thinking & valuing success
- Having dreams and aspirations

## Identity

- Belief in recovery
- Rebuilding positive sense of identity
- Overcoming stigma

## Meaning

- Meaning in "mental illness experience"
- Meaningful life & social roles
- Meaningful life & social goals

## Empowerment

- Personal responsibility
- Control over life
- Focusing on strengths



# Spring-Summer 2025

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*The letters beside each course name indicate which areas of the CHIME Framework that course addresses.*



## **Building A Healthy Morning Routine [H, I, M, E]**

In this session, we'll explore how small changes can help create a healthy morning routine and set a positive tone for your day. Topics include healthy habits such as mindful waking, hydration, nutrition, physical activity, and mental preparation. We will provide practical tips and strategies to integrate these elements into daily life.



## **Collaging [C, I, E]**

Analog collage (also known as cut and paste collage) is an art medium without rules or expectations. Participants will learn the basics of how to create collages, be provided with ideas for themes, and will be encouraged to follow their own artistic spark. No previous collaging experience needed! Materials and equipment will be provided, or you can bring your own.



## **Conflict Resolution Workshop [H, I, E]**

Conflict is hard! This workshop will outline tips and tricks for remaining cool in a crisis and working towards a productive solution. We will go over de-escalation, compromise and accommodation, and emotional regulation, and discuss what our previous experiences in dealing with conflict.



## Cooking Workshops [C, H, I, M, E]

Join a facilitator for a variety of cooking workshops! Each workshop will teach participants how to make a specific meal that is well-loved by the facilitator. Learn how to adjust recipes to your preferences, dietary restrictions, and income. Participants will cook a meal together and then enjoy lunch as a group!



## Create & Connect Art Group [C, H, I, M, E]

A group to learn and practice using the expressive arts to communicate our inner experiences and access our existing resourcefulness, no previous art experience required! An opportunity to sample various expressive art techniques including drawing, painting, sculpture, mixed-media, mindfulness, music, and movement. **The group is facilitated by an experienced expressive artist/educator and mental health counsellor.**



## Creative Expressions [C, I, E]

Unleash your creative side! In this series, participants will spend time connecting with themselves and one another using a variety of art mediums. Participants will be provided with prompts and the opportunity to follow their own intuition as a way of self-expression throughout the workshops. No previous experience or artistic skill level needed! Materials and equipment will be provided.





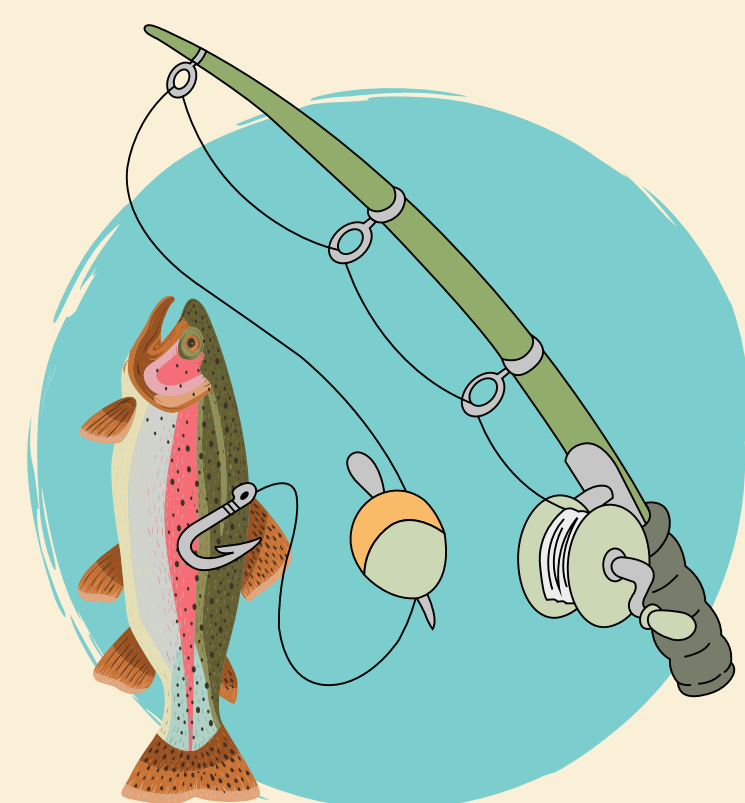
## **Developing Coping Skills Workshop [C, H, I, M, E]**

So much of recovery is being told to find new, healthy hobbies and coping skills to fill your time and manage emotions independently. But what about actually finding things that work for you? In this workshop, we will work together to develop new hobbies as a method of coping and wellness, to fill the space when life feels difficult. Find a balance of fun and meaning in your day to day!



## **Developing Personal Resilience Workshop [C, H, I, M, E]**

Developing resilience can be a crucial tool in navigating difficult life situations & unexpected change. How do we take care of ourselves during challenges in ways that support our ability to learn & grow? This workshop will cover what resilience is and the important role it plays in our wellness, as well as ways to build our personal resilience.



## **Fishing Trip & Picnic at Emily Park [C, I, E]**

Fishing is not only a fun and relaxing pastime, but it can also offer a range of therapeutic benefits as well, such as reducing stress, anxiety and depression due to its focused and mindful nature. No experience, equipment or fishing licence required to attend. Group will take place at Emily Park, and transportation will be provided.





## **Food & Mood [I, M, E]**

Have you ever wondered how food affects your mood? The relationship between food and mood is significant, as what we eat can greatly influence our mental health. Nutrition is one of the most powerful tools for improving mental health. This group will talk about how the foods we consume influence everything from our brain chemistry to our energy levels and emotional stability.

## **Get Your Game On [C, E]**

Playing games is a proven mood-booster! Get Your Game On is more than just an opportunity for play, it's also a chance to strengthen your personal and social skills while exercising your mind. Come and get your game on with your peers! Cards and board games will be provided.

**In the spring and summer months, there will be an option to go outdoors to play sports and outdoor games.**



## **Guide to Better Sleep Habits Workshop [C, H, M, E]**

Do you struggle with sleep? Come join us for a discussion on healthy sleep habits and/or routines that you could implement. Participants will learn about better sleeping habits to help improve both mental and physical health.

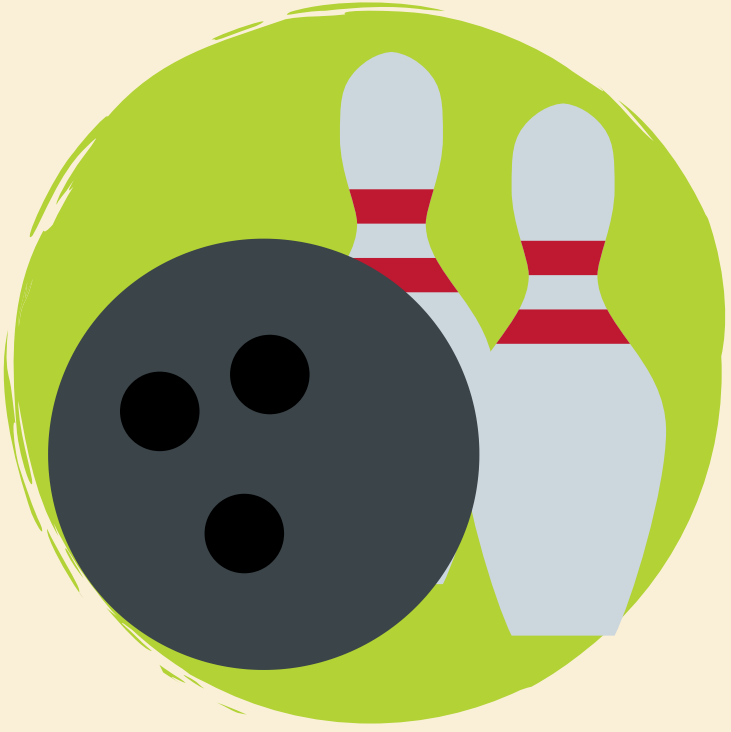


## **Justice Recreation - Art Therapy (Northumberland) [C, H, E]**

Please join CMHA and local artist Lee Higginson, in collaboration with Greenwood Coalition for 12 weeks of fun filled 2-hour art therapy classes (located at Greenwood Coalition Art Hive). Join us for snacks, coffee, conversation, connections, and ART- in whatever form. All are welcome. Please drop in, whenever you would like!







## **Justice Recreation - Bowling (PTBO, KL, & Northumberland) [C, H, E]**

Join us at Lakefield Bowl for 8 weeks of free 5 pin bowling (shoe rental included). Come make new connections and cheer each other on. All skill levels welcome!



## **Justice Recreation - Cooking 101 (Campbellford) [C, H, E]**

Please join us once a month for a free 1–2-hour drop-in cooking class where we will plan, prep, cook, and eat some lovely meals together. Make new connections and enjoy getting creative with food. All skill levels welcome. !



## **Justice Recreation - Pickleball (PTBO) [C, H, E]**

Join the CMHA HKPR Justice team for 8 weeks of fun, community, and movement! Work out and play sports with a certified trainer. All skill levels welcome!



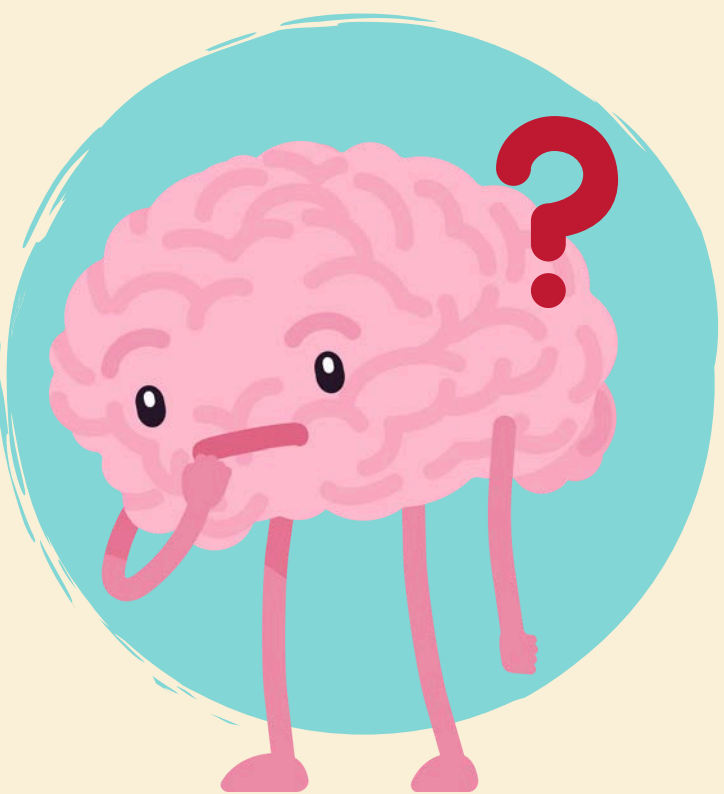
## **Justice Recreation - Yoga (PTBO) [C, H, E]**

“Join us at the studio for 8 weeks of guided stretching, breathing and meditation. Experience beginner’s yoga with a certified instructor and meet new people. All skills levels welcome, accommodations/modifications available as needed.



## **Learning & Loving Together [C, H, E]**

This group is a virtual safe space for family & loved ones of trans/non-binary/gender questioning individuals who want to learn more about trans-related topics and how best to support themselves and their loved ones. Topics include communication, coming out, transition, self-care, legal rights, privilege, and more. Participants will learn and connect through each other's experiences in a non-judgmental and confidential setting. **This group is for those who are supporting a trans person and looking for education on trans-related topics. TO REGISTER, EMAIL [transpeeroutreach@cmhahkpr.ca](mailto:transpeeroutreach@cmhahkpr.ca)!**



## **Living With ADHD Workshop & Peer Group [C, H, I, M, E]**

Have you been diagnosed with ADHD or have symptoms and would like to understand more? This information workshop will offer education, coping tools, and strategies, as well as lived experience support for individuals experiencing ADHD in their lives. The workshop will have a discussion-based peer group the following week on the same topic.



## **Living With Anxiety Workshop & Peer Group [C, H, I, M, E]**

Anxiety is a common part of life, but sometimes it can become a barrier to living the life that you want. This workshop will address the different ways anxiety can manifest (physically, mentally, emotionally), as well as coping tools and strategies for navigating life with anxiety. The workshop will have a discussion-based peer group the following week on the same topic.





## **Living With Bipolar Disorder Workshop & Peer Group [C, H, I, M, E]**

Between stigma and symptoms, bipolar disorder can be a complex experience. Despite the challenges, people living with bipolar disorder can live full, balanced lives. This workshop will provide education and supportive strategies for managing bipolar disorder, including coping skills, medication management, and alternative therapies. The workshop will have a discussion-based peer group the following week on the same topic.



## **Living With Concurrent Disorders Workshop & Peer Group [C, H, I, M, E]**

Concurrent Disorders (sometimes referred to as Co-Occurring Disorders) are defined as someone simultaneously living with a mental health concern as well as a substance use concern. Sign up for our workshop to learn more about how Concurrent Disorders are diagnosed and different wellness strategies that an individual could use. The workshop will have a discussion-based peer group the following week on the same topic.



## **Living With Depression Workshop & Peer Group [C, H, I, M, E]**

Depression can make our daily lives challenging and lonely. This workshop will address the different ways depression can manifest (physically, mentally, emotionally), as well as coping tools and strategies for navigating life with depression. A person's experience of depression is unique to them, so this course aims to explore these differences and provide a supportive space to suggest new/alternative coping strategies. The workshop will have a discussion-based peer group the following week on the same topic.



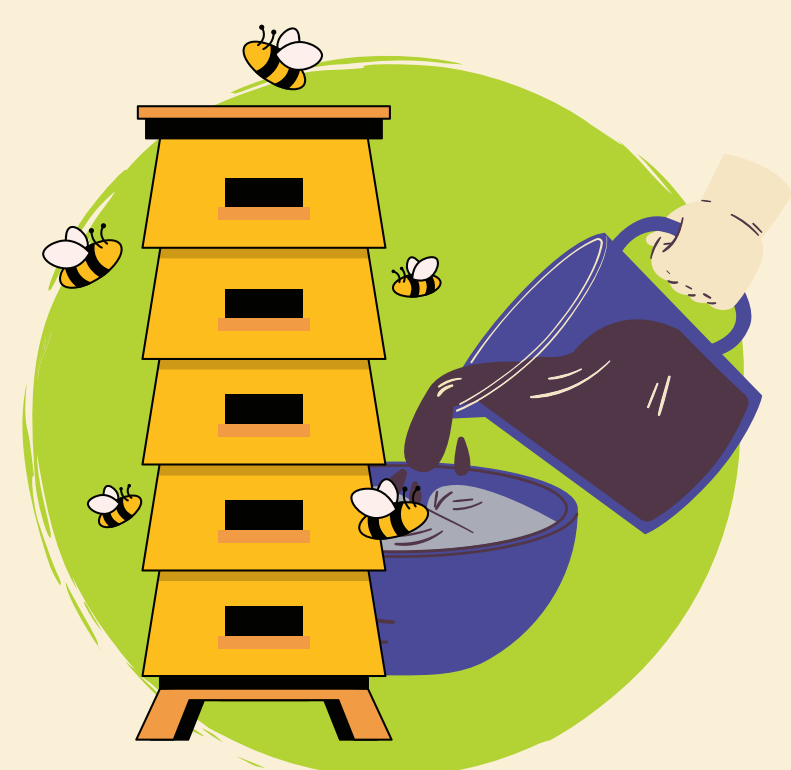
## **Mindful Moments & Meditation Workshop [H, I, M, E]**

Join us for an immersive session on mindfulness meditation, a practical approach to cultivating self-awareness. This course will introduce you to the foundational principles, practices, and numerous benefits of mindfulness meditation. We will explore how integrating mindfulness into your daily routine can significantly enhance your well-being. The session includes a guided meditation exercise to help you experience the practice firsthand.



## **Movement & Meditation [H, M, E]**

Deep breathing and full body stretching are the focus of this class. Loosen your joints and muscles and relax your mind. Leave feeling refreshed and rejuvenated! Learn techniques and routines to practice outside of class to find mindfulness in your daily life. All fitness levels welcome. In-person in Haliburton, virtual in other locations.



## **Northcote Farm - Beekeeping & Natural Dye Workshop [C, H, I, E]**

Spend a magical day on the Northcote farm in Lakefield, ON celebrating the beauty of pollinators and petals! In this workshop you'll get up close with the buzzing world of bees and explore the vibrant art of natural dyeing using flowers fresh from the garden. Learn about the incredible lives of bees and their vital role on the farm, wander through the flower beds and harvest blooms for dyeing, create your own hand-dyed cotton bandana using natural pigments, and soak in the colours, scents, and sounds of a blooming, buzzing garden.





## Northcote Farm - Planting Day [C, H, I, M, E]

Join us for a fun-filled day on the Northcote farm in Lakefield, ON where you'll dig into the magic of growing your own food! Whether you're a green thumb or just farm-curious, this is your chance to learn the basics of starting seeds, transplanting young veggies, and harvesting fresh produce right from the earth. Learn how to start seeds like a pro, get hands-on with transplanting techniques, harvest ripe, delicious veggies and even take home some of the farm-fresh food that you harvest! Come ready to get your hands in the soil, connect with nature, and enjoy the fruits (and vegetables!) of your labour.



## Peer Discussion [C, M]

Peer support is an essential component of the mental health system and a key contributor in the recovery process. Be part of a naturally occurring conversation between people with lived experience. This group provides a venue to give and receive support, as well as to just casually chat with other community members facing mental health concerns in a safe, comfortable, and non-judgmental environment.

## Planning Group: Art Splash [C, H, I, M, E]

Planning a community event can be a fun and rewarding experience and a great way to bring people together. Help us to plan the details, advertise the event within the community, and engage in HOPE's Art Splash event.

**Art splash event:** Hope is a powerful and uplifting feeling that can inspire and motivate us, even in challenging times. Join us during our Art Splash event to write with chalk words or pictures of encouragement and hope for the world to see. This event will take place both downtown Peterborough and Lindsay.





## Planning Group: Café Night [C, H, I, M, E]

Many hands make light work. This planning group will work together to share their ideas, perspectives and expertise to assist in planning and facilitating the 5 W's (Who, What, When, Where) of HOPE's Café Night event.

**Cafe Night event:** Engaging in the arts can significantly benefit one's mental health in a number of ways. Café Night is an event filled with a variety of local talent such as live music, poetry, and visual and performing arts, all with a focus to reduce the stigma often associated with those living with a mental illness. We are more than our diagnosis!



## Poetry & Songwriting Workshop [H, I, E]

Creative writing is an excellent way to get our emotions out and turn negative feelings into something beautiful that we can be proud of. This group will give participants a space to get their creative juices flowing and learn strategies and tricks for writing with rhymes and rhythm in a way that is cathartic and enjoyable.



## Psych 101: The Science of Mental Health Workshop [I, M, E]

Are you the type of person who likes to know why things work the way they do? In this group, we will go over some basics of psychology and how the brain and mind intertwine to influence our cognitions and behaviours. We will discuss what happens in the brain to cause symptoms, why treatments help, and other interesting psychological concepts in an accessible, easy-to-understand way.





## Queer Discussion [C, I, M]

If you're a queer person looking to meet other 2SLGBTQ+ folks, Queer Discussion is the place for you. This group is an open, casual space where folks can connect with each other without judgement and form a sense of community. Join us to chat, give and receive support, share experiences, and make friends. **This group is a closed group for members of the 2SLGBTQ+ community.**



## Rhythm & Music [C, I, E]

Music is a medium that allows for the creative expression of emotions. This can be particularly therapeutic for people that have difficulty expressing themselves through words. People with all skill levels and experience are welcome.



## Self-Care in the Summer Workshop [H, I, E]

Self-care is important because the better we care for ourselves, the better we can cope with the effects of our mental health and other stressors in our life. This workshop will explore myths and misconceptions around self-care, different forms of self-care, and ideas for how to practice self-care in your day-to-day life!



## Self Esteem [C, H, I, M, E]

This course will provide a structured and supportive environment where individuals work together to explore their self-perceptions, confront negative thought patterns, and develop tools to build confidence. The course aims to create a space for learning strategies and sharing experiences to enhance self-esteem and overall well-being.



## **Silk Screening Workshop [C, I, E]**

Always wanted to be able to make your own t-shirt designs? Join us to create your own custom clothing and engage in the silk screening process. Silk screening is the process by which designs, logos, and emblems are printed on apparel using mesh screen stencils to transfer ink onto fabric.



## **SMART Goal Setting Workshop [H, E]**

Do you struggle with setting and achieving wellness goals? SMART is an acronym that you can use to guide your goal setting. Join us to learn about how to create SMART goals and why they're important for your wellness journey.



## **Supporting Ourselves & Our Loved Ones [C, H, E]**

This is an ongoing monthly virtual group where family and loved ones of individuals who are trans/non-binary/gender questioning get together to discuss our experiences supporting our loved ones and ourselves. Topics will be brought up by participants each month. Participants will learn and connect through each other's experiences in a non-judgmental and confidential setting. **This group is ideal for those who are looking for support and social connection. TO REGISTER, EMAIL [transpeeroutreach@cmhahkpr.ca](mailto:transpeeroutreach@cmhahkpr.ca)!**





## Trans Talk [C, H, I, M, E]

This is a monthly group where we get together to discuss living life as trans/non-binary/gender diverse/gender questioning individuals. Topics will be brought up by participants each month, and can include transition, relationships, work, gender affirming clothing tips, building community, and more. We will connect and learn from each other's experiences in a respectful and confidential environment. **In order to participate in this group, you must be 16+ years old and identify as trans/non-binary/gender questioning. TO REGISTER, EMAIL [transpeeroutreach@cmhahkpr.ca](mailto:transpeeroutreach@cmhahkpr.ca)**



## Trip to PTBO Zoo & Picnic [C, I, E]

Discover the wonders of wildlife on a trip to Peterborough Zoo! We'll enjoy a leisurely stroll in a peaceful and tranquil setting while exploring accessible recreational and educational facilities. This trip will inspire a love of nature and wildlife, connecting you to the natural world. Join us for an enriching experience that combines leisure, education, and conservation.



## Trip to Hunting and Fishing Heritage Centre & Picnic [C, I, E]

As a group, participants will have the opportunity to discover Canada's rich hunting, trapping, and fishing heritage. The trip includes a tour of stunning wildlife displays and helps individuals understand the vital role they play in conserving our natural resources. Join us to foster a deep appreciation for the environment and the traditions of outdoor activities, providing both novice and experienced enthusiasts with valuable insights and experiences.

**Visit <https://cmhahkpr.ca/h-o-p-e-learning-centre/>  
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