

# Course

# Catalogue

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FALL

2022



HOPE

Learning Centre



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 <https://cmhahkpr.ca/h-o-p-e-learning-centre/>  
or call

**(705) 748-6711 for more details!**

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## Art Therapy

A form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. Facilitated by a registered art therapist.



## Building Bridges: Anti-Racism 101 Workshop

This workshop explores issues of racism, diversity, and anti-racism, and is ideal for people who are familiar with the idea of multiculturalism and diversity but have not been introduced to anti-racism. It encourages participants to explore how racism works and the different forms it takes contexts. Participants are encouraged to question their own prejudices and explore practical alternatives.



## Chronic Pain

If you are someone living with chronic pain, then this group is for you! Connect with others experiencing chronic pain in this six-week workshop that will help you to understand how our brain influences our response to pain and some different strategies you can implement to try to help manage the pain and make getting through the day more tolerable.



## Collaging with Carl

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. Facilitated by a collage artist.



## Computers & the Internet

Do you have questions about using the Internet, computers, smart phones or tablets? Bring your questions to this group, or just join in and learn skills you can use everyday. In the end you will feel more confident online. You will be able to join online meetings or attend appointments. You will learn more about communicating using email and texts. You will be able to search for information using Google. Join us for a mix of fun, learning and community.



## Conquering Negative Thoughts

Are you struggling with negative thinking? This course will review patterns of negative thinking and provide you with a two-step process for changing negative thoughts to positive thoughts. Topics covered include: recognizing your inner critical voice, types of distorted thinking, and recognizing your own negative thoughts.

## Crafty Connections



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.

## Effective Communication Skills in the Workplace Workshop



It's never a bad idea to brush up on communication skills, especially when in the workplace. This workshop will discuss and explore different types of communication including passive, aggressive and assertive styles to ensure that your workplace needs are being met (e.g., asking for time off, how to say no to your boss, etc.). Through practice and conversation, this workshop will also review strategies that may help get you through overwhelming emotions when trying to communicate or resolve conflict.

## Establishing Boundaries



Boundaries are the guidelines or personal rules that a person identifies as reasonable and safe ways to interact with others. This course will help you to identify your personal boundaries and to ensure that you receive respect from others. In this course we will discuss what boundaries are and why they are important and change over time. How to have a boundary conversation and how to say “no” will be explored.

## Facilitation Skills



Are you interested in co-facilitating courses in the CMHA HKPR Well-Being Learning Centre? This course will provide the basics of facilitating groups and provide experience with public speaking. Learn about various teaching and learning styles and explore the purpose of group learning and develop the skills to lead a productive session or presentation.

## Grief & Loss Related to Drug Poisoning



This group is intended for those who have lost a loved one to drug poisoning. We will discuss different ways we respond to grief and loss, navigating complicated grief, and finding the balance between honoring your loved one and adjusting to a new reality. This is not a grief counselling group, but rather a supportive, nonjudgmental space to process feelings around grief and loss related to drug poisoning with people who share similar life experiences.

## Harm Reduction



Harm reduction refers to a set of strategies that work to reduce harm related to drug use without requiring people to stop using substances altogether. In this course, we use a harm reduction approach to provide practical information that promotes safer drug use on a day-to-day basis. This course covers information about safe consumption sites, naloxone administration, legal protection during an overdose, and more. Our aim is to meet folks where they are and provide information from a non-judgmental and non-coercive place. All are welcome.



## Healthier Habits

Small changes to your daily routines and habits can make a BIG difference to your health & well-being. If you want to tweak your habits to help manage stress and improve your health, then this course is for you! Routines and habits around topics like coping and stress management, sleep, physical activity, healthy eating, caffeine and nicotine use will be discussed. Sessions will be tailored to support each participant to make a small change to improve health and strengthen resilience.

## Learning & Loving Together



The Trans Family Education group (six sessions, twice a month) is a virtual safe space for family and 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 boundaries, communication, the coming out process, transition, self-care, trans 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 ideal for those who are looking for education on trans-related topics.

## Medication Management



Medication can be a large component of our wellness. Autonomy in medication management is one of the tools you can use to take control of your life. By combining reflection and action, this course will guide you in considering questions, practices and decisions regarding your medication and your overall quality of life.

## Mental Health Disclosure & Accommodation Workshop



When it comes to the workplace, folks are often worried about disclosing their mental health needs to employers/colleagues. Although no one is obligated to disclose a mental health concern, some people feel it is necessary. This workshop is for anyone who may benefit from planning how to approach this situation. In this session, we will discuss the five W's of disclosure, and barriers and benefits for workplace disclosure. Furthermore, this workshop will discuss accommodations for mental health concerns, including how to approach requesting workplace mental illness accommodations, the employer and employee responsibilities within workplace, laws and policies, as well as examples of accommodations for people with a mental health concern.

## Mood Walk



Mood Walk is a provincial initiative that promotes physical activity in nature, or “green exercise,” as a way to improve both physical and mental health. People with all hiking skill levels and experience are welcome.





## **Movement & Meditation**

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.



## **Moving with Pride**

Moving with Pride is a monthly movement group for 2SLGBTQ+ individuals. We create community connections while enjoying the outdoors!



## **Peer Discussion**

An essential component of the mental health system and a key contributor in the recovery process. Be part of a guided conversation between people with lived experience. This group provides a venue to get and give support to other community members facing mental health concerns in a safe, comfortable, and non-judgmental environment.



## **Silk Screening**

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.



## Rhythm & Music

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.

## Starting from the "I": Reflecting On Our Own Identities Workshop



This workshop will encourage participants to reflect on their own experiences of socialization as they relate to race, ethnicity, citizenship, economic condition, gender, sexuality and more. Participants will explore some of the ways in which power, privilege, and inequality shape their identities and how they relate to others. The concept of “intersectionality” will be introduced to highlight the shifting nature of identity and multiple ways of being.

## Supporting Ourselves & Our Loved Ones



The Trans Family Peer Support group 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.

# Trans Peer Outreach Adult Support/Planning Group



The TPO Adult Support/Planning Group is a monthly virtual 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, but 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. As well, this group will work together to brainstorm potential TPO programming for the upcoming year. Please note that in order to participate in this group, you must be 16+ years old and identify as trans/non-binary/gender questioning.

## Working Through Interview Anxiety Workshop



Do you experience anxiety when you think about job interviews? So do a lot of people! In this workshop, we will explore what anxiety is, how it can impact interview performance, and some strategies to help reduce this anxiety so that you can feel confident going into your next one.

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