

For more information about courses or to download the course catalogue, visit our website [www.cmhahkpr.ca/h-o-p-e-learning-centre](http://www.cmhahkpr.ca/h-o-p-e-learning-centre) or call reception at 705-748-6711 or 705-328-2704



<b>January 2023</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>2</b> <b>NO PROGRAMMING</b>	<b>3</b>	<b>4</b> <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual	<b>5</b>	<b>6</b> <b>Collage with Carl</b> 1:30 – 3:30 PM KL
<b>9</b> <b>Movement &amp; Meditation</b> 10 – 11 AM HAL/virtual  <b>Rhythm &amp; Music</b> 2:30 – 4 PM KL	<b>10</b> <b>Challenging Loneliness &amp; Isolation wk1</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>Stress Management in Uncertain Times Workshop</b> 1:30 – 3 PM PTBO/KL/Virtual	<b>11</b> <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>Conquering Negative Thoughts wk1</b> 1:30 – 3 PM PTBO/KL/Virtual	<b>12</b> <b>Housing Unit Takeovers Workshop</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>Anger Management wk1</b> 1 – 2:30 PM PTBO/KL/Virtual  <b>Rhythm &amp; Music</b> 2:30 – 4 PM PTBO	<b>13</b> <b>Facilitation Skills wk1</b> 10 AM – 12 PM PTBO/KL/virtual  <b>Collage with Carl</b> 1:30 – 3:30 PM PTBO
<b>16</b> <b>Movement &amp; Meditation</b> 10 – 11 AM HAL/virtual  <b>Rhythm &amp; Music</b> 2:30 – 4 PM KL	<b>17</b> <b>NO PROGRAMMING</b>	<b>18</b> <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>Conquering Negative Thoughts wk2</b> 1:30 – 3 PM PTBO/KL/Virtual	<b>19</b> <b>NO PROGRAMMING</b>  <b>Trans Peer Outreach Adult Support Group</b> 5 – 7 PM Virtual	<b>20</b> <b>Facilitation Skills wk2</b> 10 AM – 12 PM PTBO/KL/virtual  <b>Performance Art Workshop – Being in the Moment</b> 1:30 – 3:30 PM HAL/Virtual

All courses, dates, and times are subject to change. Participants will be notified of any changes.

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January 2023				
Mon	Tue	Wed	Thu	Fri
<p><b>23</b> <b>Movement &amp; Meditation</b> 10 – 11 AM HAL/virtual</p> <p><b>Rhythm &amp; Music</b> 2:30 – 4 PM KL</p>	<p><b>24</b> <b>Challenging Loneliness &amp; Isolation wk2</b> 10 – 11:30 AM PTBO/KL/Virtual</p> <p><b>Art Therapy</b> 10 AM – 12 PM PTBO</p> <p><b>Art Therapy</b> 2 – 4 PM KL</p>	<p><b>25</b> <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual</p> <p><b>Conquering Negative Thoughts wk3</b> 1:30 – 3 PM PTBO/KL/Virtual</p>	<p><b>26</b> <b>Dealing with Difficult Neighbours Workshop</b> 10 – 11:30 AM PTBO/KL/Virtual</p> <p><b>Anger Management wk2</b> 1 – 2:30 PM PTBO/KL/Virtual</p> <p><b>Creating Space</b> 3:30 – 5:30 PM PTBO</p>	<p><b>27</b> <b>Facilitation Skills wk3</b> 10 AM – 12 PM PTBO/KL/virtual</p> <p><b>Collage with Carl</b> 1:30 – 3:30 PM KL</p>
<p><b>30</b> <b>Movement &amp; Meditation</b> 10 – 11 AM HAL/virtual</p> <p><b>Justice Recreation – Yoga</b> 1 – 2:30 PM PTBO</p> <p><b>Rhythm &amp; Music</b> 2:30 – 4 PM KL</p>	<p><b>31</b> <b>Justice Recreation – Hybrid Sports</b> 9:30 – 10:30 AM PTBO</p> <p><b>Challenging Loneliness &amp; Isolation wk3</b> 10 – 11:30 AM PTBO/KL/Virtual</p> <p><b>WRAP wk1</b> 1:30 – 3 PM PTBO/KL/Virtual</p>			

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## February 2023

Mon	Tue	Wed	Thu	Fri
		<p><b>1</b>  <b>Peer Discussion</b>            10 – 11:30 AM            PTBO/KL/Virtual</p> <p><b>Conquering Negative Thoughts wk4</b>            1:30 – 3 PM            PTBO/KL/Virtual</p> <p><b>Justice Recreation – Guided Work-Out</b>            2 – 3:30 PM            PTBO</p>	<p><b>2</b>  <b>Dealing with Difficult Landlords Workshop</b>            10 – 11:30 AM            PTBO/KL/Virtual</p> <p><b>Justice Recreation – Bowling</b>            11 AM – 12 PM            PTBO</p> <p><b>Anger Management wk3</b>            1 – 2:30 PM            PTBO/KL/Virtual</p> <p><b>Crafty Connections</b>            1:30 – 2:30 PM            Minden</p>	<p><b>3</b>  <b>Facilitation Skills wk4</b>            10 AM – 12 PM            PTBO/KL/virtual</p> <p><b>Collage with Carl</b>            1:30 – 3:30 PM            PTBO</p>
<p><b>6</b>  <b>Movement &amp; Meditation</b>            10 – 11 AM            HAL/virtual</p> <p><b>Justice Recreation – Yoga</b>            1 – 2:30 PM            PTBO</p> <p><b>Rhythm &amp; Music</b>            2:30 – 4 PM            KL</p>	<p><b>7</b>  <b>Justice Recreation – Hybrid Sports</b>            9:30 – 10:30 AM            PTBO</p> <p><b>Challenging Loneliness &amp; Isolation wk4</b>            10 – 11:30 AM            PTBO/KL/Virtual</p> <p><b>WRAP wk2</b>            1:30 – 3 PM            PTBO/KL/Virtual</p>	<p><b>8</b>  <b>Peer Discussion</b>            10 – 11:30 AM            PTBO/KL/Virtual</p> <p><b>Conquering Negative Thoughts wk5</b>            1:30 – 3 PM            PTBO/KL/Virtual</p> <p><b>Justice Recreation – Guided Work-Out</b>            2 – 3:30 PM            PTBO</p>	<p><b>9</b>  <b>Justice Recreation – Bowling</b>            11 AM – 12 PM            PTBO</p> <p><b>Anger Management wk4</b>            1 – 2:30 PM            PTBO/KL/Virtual</p> <p><b>Crafty Connections</b>            1:30 – 2:30 PM            Minden</p> <p><b>Rhythm &amp; Music</b>            2:30 – 4 PM            PTBO</p>	<p><b>10</b>  <b>Facilitation Skills wk5</b>            10 AM – 12 PM            PTBO/KL/virtual</p> <p><b>Collage with Carl</b>            1:30 – 3:30 PM            KL</p>

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February 2023				
Mon	Tue	Wed	Thu	Fri
<b>13</b> <b>Movement &amp; Meditation</b> 10 – 11 AM HAL/virtual  <b>Justice Recreation – Yoga</b> 1 – 2:30 PM PTBO  <b>Rhythm &amp; Music</b> 2:30 – 4 PM KL	<b>14</b> <b>Justice Recreation – Hybrid Sports</b> 9:30 – 10:30 AM PTBO  <b>Challenging Loneliness &amp; Isolation wk5</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>WRAP wk3</b> 1:30 – 3 PM PTBO/KL/Virtual	<b>15</b> <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>Conquering Negative Thoughts wk6</b> 1:30 – 3 PM PTBO/KL/Virtual  <b>Justice Recreation – Guided Work-Out</b> 2 – 3:30 PM PTBO	<b>16</b> <b>Justice Recreation – Bowling</b> 11 AM – 12 PM PTBO  <b>Anger Management wk5</b> 1 – 2:30 PM PTBO/KL/Virtual  <b>Crafty Connections</b> 1:30 – 2:30 PM Minden  <b>Trans Peer Outreach Adult Support Group</b> 5 – 7 PM Virtual  <b>Rhythm &amp; Music</b> 6 – 7 PM HAL	<b>17</b> <b>Facilitation Skills wk6</b> 10 AM – 12 PM PTBO/KL/virtual  <b>Collage with Carl</b> 1:30 – 3:30 PM PTBO



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February 2023				
Mon	Tue	Wed	Thu	Fri
<p><b>20</b></p> <p><b>NO PROGRAMMING</b></p>	<p><b>21</b></p> <p><b>Justice Recreation – Hybrid Sports</b> 9:30 – 10:30 AM PTBO</p> <p><b>Challenging Loneliness &amp; Isolation wk6</b> 10 – 11:30 AM PTBO/KL/Virtual</p> <p><b>WRAP wk4</b> 1:30 – 3 PM PTBO/KL/Virtual</p>	<p><b>22</b></p> <p><b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual</p> <p><b>When Grief Is Complicated wk1</b> 1:30 – 3:30 PM PTBO</p> <p><b>Justice Recreation – Guided Work-Out</b> 2 – 3:30 PM PTBO</p>	<p><b>23</b></p> <p><b>Establishing Boundaries wk1</b> 10 – 11:30 AM PTBO/KL/virtual</p> <p><b>Justice Recreation – Bowling</b> 11 AM – 12 PM PTBO</p> <p><b>Anger Management wk6</b> 1 – 2:30 PM PTBO/KL/Virtual</p> <p><b>Crafty Connections</b> 1:30 – 2:30 PM Minden</p> <p><b>Creating Space</b> 3:30 – 5:30 PM PTBO</p> <p><b>Rhythm &amp; Music</b> 6 – 7 PM HAL</p>	<p><b>24</b></p> <p><b>Facilitation Skills wk1</b> 10 AM – 12 PM PTBO/KL/virtual</p> <p><b>Performance Art Workshop – Being Playful and Curious</b> 1:30 – 3:30 PM KL/Virtual</p>
<p><b>27</b></p> <p><b>Movement &amp; Meditation</b> 10 – 11 AM HAL/virtual</p> <p><b>Justice Recreation – Yoga</b> 1 – 2:30 PM PTBO</p> <p><b>Rhythm &amp; Music</b> 2:30 – 4 PM KL</p>	<p><b>28</b></p> <p><b>Justice Recreation – Hybrid Sports</b> 9:30 – 10:30 AM PTBO</p> <p><b>Art Therapy</b> 10 AM – 12 PM PTBO</p> <p><b>WRAP wk5</b> 1:30 – 3 PM PTBO/KL/Virtual</p> <p><b>Art Therapy</b> 2 – 4 PM KL</p>			

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March 2023				
Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>When Grief Is Complicated wk2</b> 1:30 – 3:30 PM PTBO  <b>Justice Recreation – Guided Work-Out</b> 2 – 3:30 PM PTBO	<b>2</b> <b>Establishing Boundaries wk2</b> 10 – 11:30 AM PTBO/KL/virtual  <b>Justice Recreation – Bowling</b> 11 AM – 12 PM PTBO  <b>Anger Management wk7</b> 1 – 2:30 PM PTBO/KL/Virtual  <b>Crafty Connections</b> 1:30 – 2:30 PM Minden  <b>Rhythm &amp; Music</b> 6 – 7 PM HAL	<b>3</b> <b>Facilitation Skills wk2</b> 10 AM – 12 PM PTBO/KL/virtual  <b>Collage with Carl</b> 1:30 – 3:30 PM KL

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<b>March 2023</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p><b>6</b>  <b>Movement &amp; Meditation</b>            10 – 11 AM            HAL/virtual</p> <p><b>Justice Recreation – Yoga</b>            1 – 2:30 PM            PTBO</p> <p><b>Rhythm &amp; Music</b>            2:30 – 4 PM            KL</p>	<p><b>7</b>  <b>Justice Recreation – Hybrid Sports</b>            9:30 – 10:30 AM            PTBO</p> <p><b>WRAP wk6</b>            1:30 – 3 PM            PTBO/KL/Virtual</p>	<p><b>8</b>  <b>Peer Discussion</b>            10 – 11:30 AM            PTBO/KL/Virtual</p> <p><b>When Grief Is Complicated wk3</b>            1:30 – 3:30 PM            PTBO</p> <p><b>Justice Recreation – Guided Work-Out</b>            2 – 3:30 PM            PTBO</p>	<p><b>9</b>  <b>Establishing Boundaries wk3</b>            10 – 11:30 AM            PTBO/KL/virtual</p> <p><b>Justice Recreation – Bowling</b>            11 AM – 12 PM            PTBO</p> <p><b>Anger Management wk8</b>            1 – 2:30 PM            PTBO/KL/Virtual</p> <p><b>Crafty Connections</b>            1:30 – 2:30 PM            Minden</p> <p><b>Rhythm &amp; Music</b>            2:30 – 4 PM            PTBO</p> <p><b>Rhythm &amp; Music</b>            6 – 7 PM            HAL</p>	<p><b>10</b>  <b>Facilitation Skills wk3</b>            10 AM – 12 PM            PTBO/KL/virtual</p> <p><b>Collage with Carl</b>            1:30 – 3:30 PM            PTBO</p>

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March 2023				
Mon	Tue	Wed	Thu	Fri
<p><b>13</b>  <b>Movement &amp; Meditation</b>            10 – 11 AM            HAL/virtual</p> <p><b>Justice Recreation – Yoga</b>            1 – 2:30 PM            PTBO</p> <p><b>Rhythm &amp; Music</b>            2:30 – 4 PM            KL</p>	<p><b>14</b>  <b>Living with Anxiety Workshop</b>            10 AM – 12 PM            PTBO/KL/Virtual</p> <p><b>WRAP wk7</b>            1:30 – 3 PM            PTBO/KL/Virtual</p>	<p><b>15</b>  <b>Peer Discussion</b>            10 – 11:30 AM            PTBO/KL/Virtual</p> <p><b>When Grief Is Complicated wk4</b>            1:30 – 3:30 PM            PTBO</p>	<p><b>16</b>  <b>Establishing Boundaries wk4</b>            10 – 11:30 AM            PTBO/KL/virtual</p> <p><b>Crafty Connections</b>            1:30 – 2:30 PM            Minden</p> <p><b>Living with Bipolar Disorder Workshop</b>            1:30 – 3:30 PM            PTBO/KL/Virtual</p> <p><b>Trans Peer Outreach Adult Support Group</b>            5 – 7 PM            Virtual</p> <p><b>Rhythm &amp; Music</b>            6 – 7 PM            HAL</p>	<p><b>17</b>  <b>Facilitation Skills wk4</b>            10 AM – 12 PM            PTBO/KL/virtual</p> <p><b>Self-Connecting Through Journaling Workshop</b>            1:30 – 3 PM            PTBO/KL/Virtual</p>
<p><b>20</b>  <b>Movement &amp; Meditation</b>            10 – 11 AM            HAL/virtual</p> <p><b>Rhythm &amp; Music</b>            2:30 – 4 PM            KL</p>	<p><b>21</b>  <b>Living with Depression Workshop</b>            10 AM – 12 PM            PTBO/KL/Virtual</p> <p><b>WRAP wk8</b>            1:30 – 3 PM            PTBO/KL/Virtual</p>	<p><b>22</b>  <b>Peer Discussion</b>            10 – 11:30 AM            PTBO/KL/Virtual</p> <p><b>When Grief Is Complicated wk5</b>            1:30 – 3:30 PM            PTBO</p>	<p><b>23</b>  <b>Establishing Boundaries wk5</b>            10 – 11:30 AM            PTBO/KL/virtual</p> <p><b>Crafty Connections</b>            1:30 – 2:30 PM            Minden</p> <p><b>Living with Psychosis Workshop</b>            1:30 – 3:30 PM            PTBO/KL/Virtual</p> <p><b>Creating Space</b>            3:30 – 5:30 PM            PTBO</p> <p><b>Rhythm &amp; Music</b>            6 – 7 PM            HAL</p>	<p><b>24</b>  <b>Facilitation Skills wk5</b>            10 AM – 12 PM            PTBO/KL/virtual</p> <p><b>Performance Art Workshop – Being Vulnerable</b>            1:30 – 3:30 PM            PTBO/Virtual</p>

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<b>March 2023</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>27</b> <b>Movement &amp; Meditation</b> 10 – 11 AM HAL/virtual  <b>Rhythm &amp; Music</b> 2:30 – 4 PM KL	<b>28</b> <b>Art Therapy</b> 10 AM – 12 AM PTBO  <b>Art Therapy</b> 2 – 4 PM KL	<b>29</b> <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual  <b>When Grief Is Complicated wk6</b> 1:30 – 3:30 PM PTBO	<b>30</b> <b>Establishing Boundaries wk6</b> 10 – 11:30 AM PTBO/KL/virtual  <b>Crafty Connections</b> 1:30 – 2:30 PM Minden  <b>Developing Personal Resilience Workshop</b> 1:30 – 3 PM PTBO/KL/Virtual  <b>Rhythm &amp; Music</b> 6 – 7 PM HAL	<b>31</b> <b>Facilitation Skills wk6</b> 10 AM – 12 PM PTBO/KL/virtual

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April 2023				
Mon	Tue	Wed	Thu	Fri
3	4	5 <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual	6	7
10	11	12 <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual	13 <b>Creating HOPE Event</b> 5:30 – 7:30 PM KL	14
17	18	19 <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual	20 <b>Trans Peer Outreach Adult Support Group</b> 5 – 7 PM Virtual	21
24	25	26 <b>Peer Discussion</b> 10 – 11:30 AM PTBO/KL/Virtual	27 <b>Creating HOPE Event</b> 5:30 – 7:30 PM PTBO	28

HOPE



Learning Centre

Course  
Catalogue

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!**



# The CHIME Framework

The courses that are 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, Intity, 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 CHIME 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

# Course Catalogue

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

*Courses marked with a star are currently being offered at the HOPE Learning Centre this semester.*



## **Anger Management [C, H, I, E] ★**

Anger Management groups are created with the goal of providing education on the emotion of Anger and how it can impact our lives. Join us on a journey of self-reflection to identify how anger presents within your life, and to learn effective strategies to manage the emotion in a healthy way.



## **Art Therapy [C, H, I, M, E] ★**

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.



## **Being in the Moment: Introductory Performance Art Workshop [C, H, I, M, E] ★**

Have you ever struggled to exist in the moment and find yourself living in the past or future? Performance art can help us connect more fully in the present moment. In this workshop, we will discuss and explore Performance Art and use this practice to engage in the present.



## **Being Playful and Curious: Introductory Performance Art Workshop [C, H, I, M, E]**



When was the last time you made room to play, to be curious, to get lost? Through this workshop, we will look at Performance Art as a practice to play with ideas, explore our curiosity, and get lost in the process of creation.

## **Being Vulnerable: Introductory Performance Art Workshop [C, H, I, M, E]**



To be vulnerable is a deep practice. To be able to look within oneself and embrace all that is there and share it can be unimaginable for most. Through this workshop, we will discuss and explore how Performance Art can be used to express vulnerability.

## **Building Bridges: Anti-Racism 101 Workshop [I, E]**



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 [C, H, M, E]**

If you are someone living with chronic pain, then this group is for you! Connect with others experiencing chronic pain in this six-week group 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 [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. Facilitated by a collage artist.

## **Computers & the Internet [C, H, E]**

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 [H, I, M, E] ★**

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 [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.

## **Dealing With Difficult Landlords Workshop [H, E]** ★



Having problems with your landlord? Come join us for an overview of how to deal with and work with difficult landlords. Learn what your rights and responsibilities are as a tenant and what the rights and responsibilities are of your landlord and how to try find common ground with common problems. Presenter: Rob R. from CMHA-HKPR's Supportive Housing Program.

## **Dealing With Difficult Neighbours Workshop [H, E]** ★



Having problems with your neighbours? Come join us for an overview of how to deal with and work with difficult neighbor situations. Learn how to try and find common ground with common problems. Presenters: Katrina R. and Alana R. from CMHA-HKPR's Supportive Housing Program.



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



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

## Effective Communication Skills in the Workplace Workshop [C, E]



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 [I, E]



Boundaries are the guidelines or 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 [C, H, I, M, E] ★



Are you interested in co-facilitating courses in the CMHA HKPR HOPE 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.

## Harm Reduction [I, E]



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 [H, M, E]



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.





## **Housing Unit Takeovers (HUTs) ★ Workshop [H, M, E]**

Housing Unit Takeovers (HUTs) happen when a tenant has welcomed or unwelcomed guests, sometimes even friends or family, who are frequenting or have moved into the home and taken control. When a tenant loses control of their home, their safety, wellbeing, and housing can all be at risk. Come join us in this opportunity to learn more about Hostile Unit Take Overs and what you can do seek support or re-gain control over your home.



## **Justice Recreation - Hybrid Sports [C, H, E] ★**

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



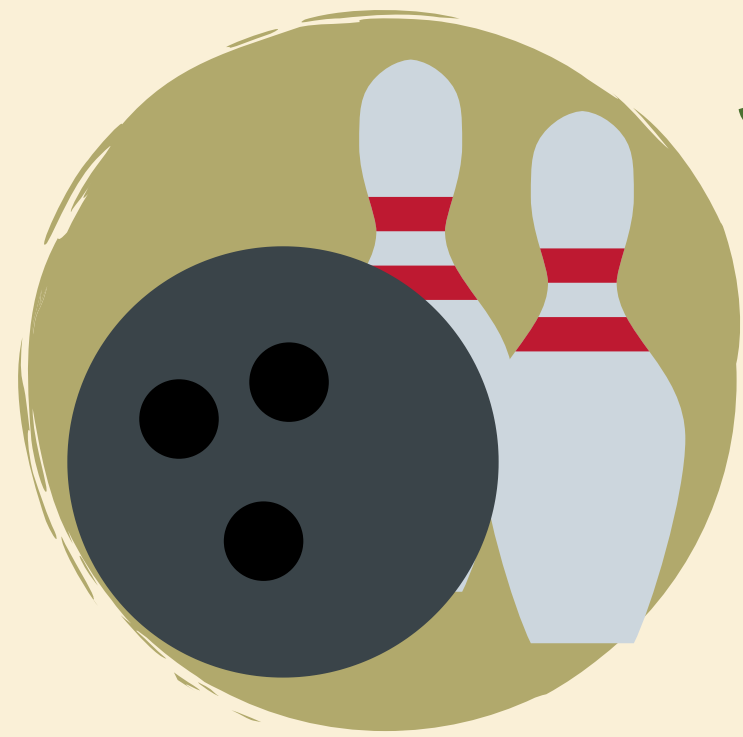
## **Justice Recreation - YMCA Work Out [C, H, E] ★**

Join the CMHA HKPR Justice team for six weeks of fun, community, and movement! Experience a guided work out with a certified trainer at YMCA. All skill levels welcome!



## **Justice Recreation - Yoga [C, H, E] ★**

Join the CMHA HKPR Justice team for six weeks of fun, community, and movement! Experience guided yoga with a certified trainer at Hybrid Health & Rehabilitation. All skill levels welcome!



## **Justice Recreation - Bowling [C, H, E]**

Join the CMHA HKPR Justice team for six weeks of fun, community, and movement! Make new connections by bowling with other participants at Lakeview Bowl. All skill levels welcome!



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

The Trans Family Education group 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.



## **Living With Anxiety Workshop [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.







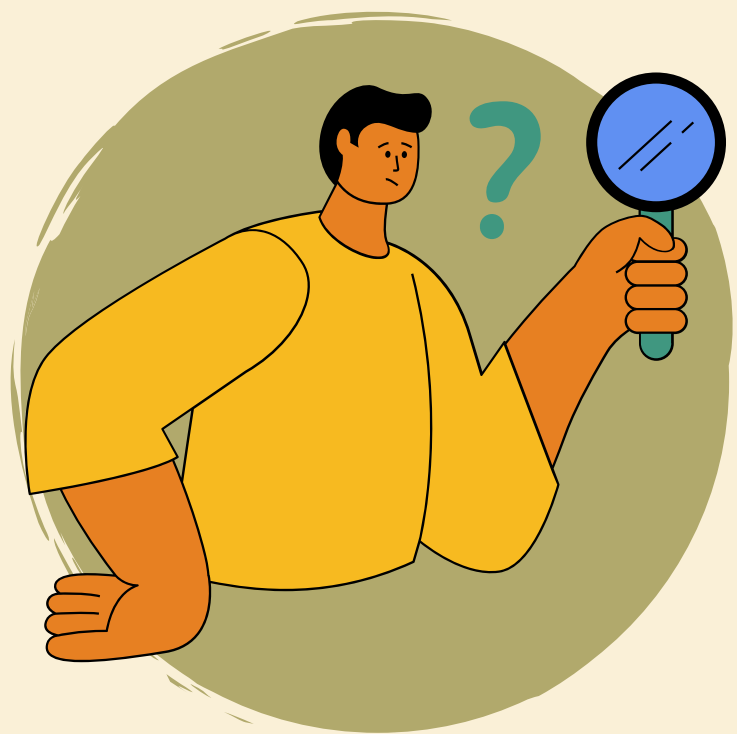
## **Living With Bipolar Disorder Workshop** **[C, H, I, M, E]** ★

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.



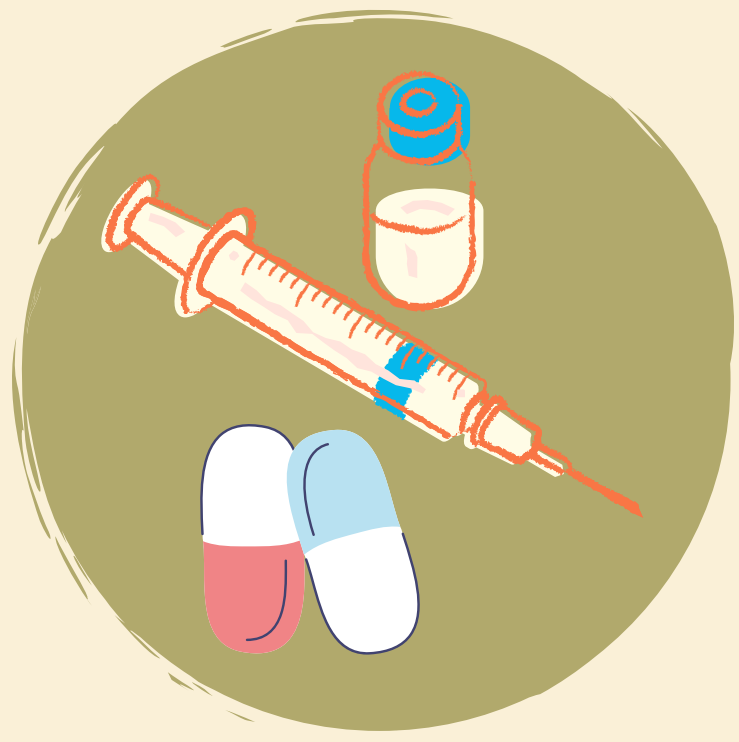
## **Living With Depression Workshop** **[C, H, I, M, E]** ★

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 or alternative coping strategies.



## **Living With Psychosis Workshop** **[C, H, I, M, E]** ★

Psychosis is a condition that affects a person's ability to know what is real versus what is not real. There is a lot of stigma and misconceptions regarding psychosis, which can result in obstacles to maintaining quality of life. This workshop is an introductory exploration into psychosis symptoms, risk factors, and coping skills.



## Medication Management [E]

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 [I, E]

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/benefits for workplace disclosure. 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 [C, H, M, E]

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 [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.



## **Peer Discussion [C, M] ★**

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 [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.



## **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.

## Starting from the "I": Reflecting On Our Own Identities Workshop [I, E]

This workshop will encourage participants to reflect on their own experiences of socialization as they relate to race, ethnicity, 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 [C, H, E] ★

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 Group [C, H, I, M, E] ★

The TPO Adult Support 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. Please note that in order to participate in this group, you must be 16+ years old and identify as trans/non-binary/gender questioning.





# Wellness Action Recovery Plan (WRAP)

[C, H, M] ★



WRAP stands for Wellness Recovery Action Plan. WRAP is a self-management and recovery system developed by people living with mental health difficulties, who were struggling to incorporate wellness tools and strategies into their lives. This group will include developing tools to help identify triggers and create a personal list of coping strategies. Participants will also work towards establishing a crisis plan they can follow if they feel they are heading into a mental health crisis.

## When Grief Is Complicated [C, H, M] ★



Complicated grief can be defined as experiences of chronic, disruptive, prolonged and intense grief. We will discuss different ways we respond to grief and loss, navigating and coping with complicated grief, and finding the balance between honouring 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 complicated grief with people who share similar life experiences.

## Working Through Interview Anxiety Workshop [H, E]



Do you experience anxiety when you think about job interviews? So do a lot of people! In this workshop, we will explore what it 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.

Visit <https://cmhahkpr.ca/h-o-p-e-learning-centre/>  
or call reception at (705) 748-6711 for more details!