

# September 2023

September 2023						
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# October 2023

October 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 27	28	29	30	31	Sep 1	2
3	4 STAT (No Programming)	5 10:00am Being Assertive (HOPE - HAL - Schedule; HOPE - 1:30pm WRAP (Wellness Recovery Action Plan)	6 10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - 1:30pm Pickleball for Beginners (HOPE -	7 10:45am Bowling (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	8 10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL 1:30pm Living with Anxiety Workshop	9
10	11 10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	12 10:00am Being Assertive (HOPE - HAL - Schedule; HOPE - 1:30pm WRAP (Wellness Recovery Action Plan)	13 10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - 1:30pm Pickleball for Beginners (HOPE -	14 10:45am Bowling (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	15 10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL 1:30pm Living with Depression	16
17	18 10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	19 10:00am Being Assertive (HOPE - HAL - Schedule; HOPE - 1:30pm WRAP (Wellness Recovery Action Plan)	20 10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - 1:30pm Pickleball for Beginners (HOPE -	21 10:45am Bowling (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	22 10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	23
24	25 10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	26 1:30pm Mood Walk Daytrip - Wolf Sanctuary (HOPE - HAL - Schedule) - HOPE - Overall -	27 1:30pm Pickleball for Beginners (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	28 10:45am Bowling (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	29 10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	30

# October 2023

October 2023							November 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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29	30	31					26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 1	2 10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	3 10:00am Being Assertive (HOPE - HAL - Schedule; HOPE - 1:30pm WRAP (Wellness Recovery Action Plan)	4 10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - 1:30pm Pickleball for Beginners (HOPE -	5 10:45am Bowling (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	6 10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	7
8	9 STAT (No Programming)	10 10:00am Being Assertive (HOPE - HAL - Schedule; HOPE - 1:30pm WRAP (Wellness Recovery Action Plan)	11 10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - 1:30pm Living with Concurrent Disorders	12 10:45am Bowling (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	13 10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	14
15	16 10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	17 10:00am Being Assertive (HOPE - HAL - Schedule; HOPE - 1:30pm WRAP (Wellness Recovery Action Plan)	18 10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - 1:30pm Dissociative Identity Disorder	19 10:00am Self-Connecting 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	20 10:00am SMART Goals Workshop (HOPE - HAL - Schedule; 1:30pm Living with Psychosis Workshop	21
22	23 10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	24 10:00am Mindful Tie Dyeing (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	25 10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	26 10:00am Self-Connecting 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	27 10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	28
29	30 10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	31 10:00am Mindful Tie Dyeing (HOPE - HAL - Schedule) - HOPE - 1:30pm WRAP (Wellness Recovery Action Plan)	Nov 1	2	3	4

# November 2023

November 2023							December 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 29	30	31	Nov 1	2	3	4
			10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	10:00am Self-Connecting 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	
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	10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	1:30pm WRAP (Wellness Recovery Action Plan) (HOPE - KL - Schedule; HOPE - PTBO - Schedule;	10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	10:00am Self-Connecting 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	
12	13	14	15	16	17	18
	10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	1:30pm Obsessive Compulsive Disorder (OCD) Workshop (HOPE - PTBO - Schedule; HOPE - KL	10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	11:00am Yoga (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	
19	20	21	22	23	24	25
	10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	1:30pm Living with Bipolar Workshop (HOPE - PTBO - Schedule; HOPE - KL - Schedule; HOPE -	10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - 1:30pm Living with Schizophrenia	11:00am Yoga (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty	10:00am Facilitation Skills (HOPE - HAL - Schedule; HOPE - KL - Schedule; HOPE - PTBO - Schedule) -	
26	27	28	29	30	Dec 1	2
	10:00am Movement & Meditation (HOPE - KL - Schedule; HOPE - HAL - Schedule; HOPE - PTBO -	10:00am Silk Screening (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	10:00am Peer Discussion & Walk (HOPE - HAL - Schedule) - HOPE - Overall - Schedule	11:00am Yoga (HOPE - HAL - Schedule) - 12:00pm Peer Lunch (HOPE - HAL - 1:15pm Crafty		



**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.***

## Altered Images [C, H, I, M, E]



Do you feel at peace when you write but struggle to come up with ideas? Join us for an interactive writing course that helps people open their eyes and minds to look at everything from another perspective. This course helps with not just your writing, but how we all see the world differently and bring more compassion and understanding to a world seriously lacking it. No experience or equipment needed!

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



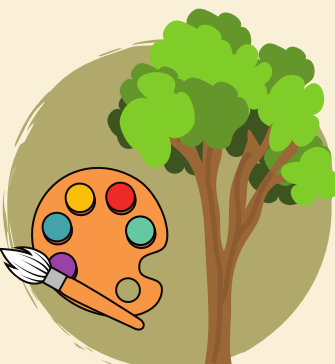
Anger Management groups are created with the goal of providing education on the emotion of Anger and how it can impact our lives. Join us on a journey of self-reflection to identify how anger presents within your life, and to learn effective strategies to manage the emotion in a healthy way.

## 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.

## Art in the Park [C, H, I, M, E]



Join us in creating some art while soaking up the sunshine. No artistic talents or supplies are required to participate in this group, just meet us at the park and have some fun!



## **Baking with Alicia Workshop [C, E]**

We're baking up a good time today! Join us for a spoon full of wellness and a dash of fun in a cupcake baking group. Learn some new decorating tricks and bring home a sweet treat.



## **Being Assertive [H, I, E]** ★

Do you want to be more assertive? We teach others how to treat us through our behaviours and the words we use. This group will describe various communication styles and provide strategies on how to become more assertive in your communication. Different communication styles will be presented including how to say "no" when you need to.



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

Do you struggle to exist in the moment? 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 & Curious: 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: 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.

## Challenging Loneliness and Isolation [C, H, M, E]



Many people struggle with loneliness, yet it continues to be rarely discussed in our society. This course will examine the stigma of loneliness and focus on the definitions and differences between loneliness and isolation. The experience and value of solitude will be explored. Strategies to manage loneliness will be shared and you will be encouraged to gain perspective on the emotions associated with loneliness and isolation.

## 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] ★

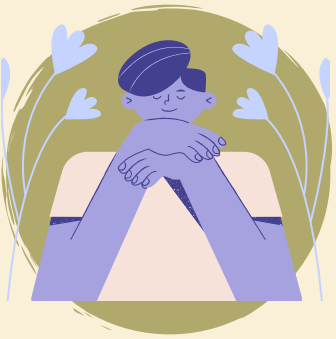


Analog collage (also known as cut and paste collage) is an art medium without rules or expectations. Participants will learn the basics of how to create collages, be provided with ideas for themes, and will be encouraged to follow their own artistic spark. No previous collaging experience needed! Materials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



## Coconut Curry with Shannon Cooking Workshop [C, E]

Try your hand at making delicious Thai green coconut curry with chicken, served with basmati rice and mango salad! No previous cooking experience required.





## 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.



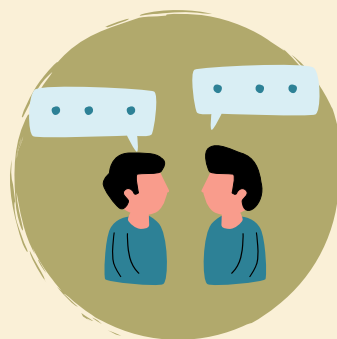
## Dealing With Difficult Neighbours Workshop [H, E]

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]

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 wellness, as well as ways to build our personal resilience.



## Dissociative Identity Disorder (DID) Workshop [C, H, I, M, E]



DID (formerly known as Multiple or Split Personality Disorder) is a rare mental health diagnosis in which a person has two or more separate personalities, identities, and behaviours. Register for this workshop to learn more about DID.





## Eating Disorder Focus Group [C, H, E]

This focus group is intended to gather feedback from H.O.P.E. participants that have expressed a need for an eating disorder group. Join us and help figure out what this programming will look like!



## 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 communicate boundaries and how to say “no” will be explored.



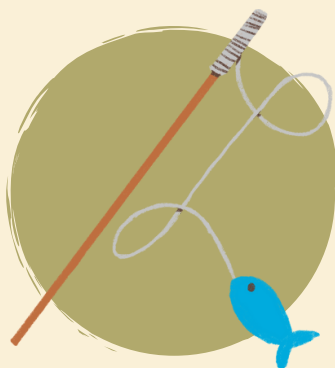
## Facilitation Skills [C, H, I, M, E] ★

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 group.



## Financial Literacy Focus Group [C, H, E]

This focus group is intended to gather feedback from H.O.P.E. participants that have expressed a need for an financial literacy group. Join us and help figure out what this programming will look like!



## Fishing [C, E]

Fishing is a popular Canadian pastime. There's nothing like spending time in the great outdoors, enjoying the sunshine, and relaxing by the water. 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 or equipment required to attend.

## Food and Mood Workshop [C, E]



We all have good days and bad days; we all have foods we prefer more or less. There's a connection between how we feel and the foods we have eaten. Are you aware of foods that help calm stress? Do you know why we get food cravings and what your body really wants? Do you know how brain dehydration affects your mental health? Join us to answer these questions and learn about how food can affect our mood!

## Frisbee Golf [C, E]



Frisbee golf is easy to learn, a healthy activity, and accessible to people of all ages and fitness levels. If you can throw a Frisbee and you like to have fun, you can play! No experience or skill level required.

## 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.

## 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 discusses 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.



## Healthier Habits [H, M, E]

If you want to make small changes your habits to help manage stress and improve your health, then this course is for you! Routines and habits around topics like stress management, sleep, physical activity, healthy eating, caffeine and nicotine use will be discussed. Sessions will be tailored to support all participants 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 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. Join us to learn more about what you can do seek support or re-gain control over your home.



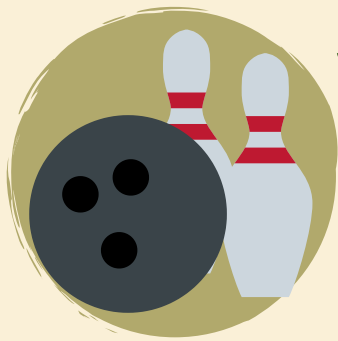
## How to Talk to Your Boss & Coworkers Workshop [C, E]

We will explore different types of communication to ensure that your workplace needs are being met. This workshop will also review strategies to help get you through overwhelming emotions when trying to communicate or resolve conflict.



## Italian Food with Anthony Cooking Workshop [C, E]

Take a trip to Italy with Anthony for a taste of his homeland with homemade spaghetti sauce and meatballs!



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

Join the CMHA HKPR Justice team for 8 weeks of free 5 pin bowling, shoe rental included at Lakeview Bowl. Come make new connections by bowling with other participants. All skill levels welcome!



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



Join the CMHA HKPR Justice team for 8 weeks of free fun, community, and exercise. Come make new connections by working out with a certified trainer and other participants. All skill levels welcome!



## **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 - Pickleball [C, H, E]**



Join the CMHA HKPR Justice team for 8 weeks of free pickleball practice and mini tournaments. Come make new connections by trying a new sport with new people! All skill levels welcome! Transportation available upon request as public transit does not service this area.



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



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

## 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 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 Concurrent Disorders Workshop [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.

## 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/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 vs. 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.

## Living With Schizophrenia Workshop [C, H, I, M, E]



Schizophrenia is often a misunderstood and misrepresented mental health condition that often involves a distorted perception of reality. This can include any combination of hallucinations, delusions, and extremely disorganized thinking and behaviour. Join us in learning more about Schizophrenia and it's symptoms, treatments and wellness strategies, and help us to debunk some of these misconceptions.

## Medication and Me [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 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. Although no one is obligated to disclose a mental health concern, some people feel it is necessary. This session will cover the five W's of disclosure, barriers/benefits for disclosure, and accommodations for mental health concerns, including how to approach requesting workplace mental illness accommodations, and the employer and employee responsibilities within workplace, laws & policies.

## Mindful Tie Dyeing [C, I, E]

Come and get in touch with your inner flower child and make some wearable art. In this course you will learn basic color theory, different folding, twisting or scrunching techniques to make a variety of patterns along with multiple ways to apply the fiber reactive dyes. This class will take place over 2 weeks, and you are required to attend both sessions as the dye needs time to set.

## Mood Walk - Day Trip [C, H, M, E]

Movement for improvement – come explore the benefits of nature and get out of town for the day! Mood Walks promotes social interaction and provides opportunities for peer support. Walking is a fun and low-cost activity, and research shows that being in nature has significant positive effects on both physical and mental health. We will be taking day trips to places within the four counties! Transportation will be provided if needed. All hiking skills 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] ★

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.



## Peer Lunch [C, H] ★

Peer Lunch is for Haliburton participants who are attending groups all day on Thursdays through the months of September until the end of November. Participants can bring their lunch and sit and eat together in between morning and afternoon groups. This is a good opportunity for casual conversation and socialization.



## Obsessive Compulsive Disorder (OCD) Workshop [C, H, I, M, E] ★

OCD can include the experience of Obsessions (thoughts), Compulsions (actions) or both, which can cause significant distress and anxiety in a person's life. Join us in learning more about OCD and various ways to cope with it.



## 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.



## Stress Management in Uncertain Times Workshop [H, E]

Stress is an experience that is universal and cannot be avoided, and current events have been very stressful for most of us. This course examines various perspectives on stress and provides practical strategies to respond to stressful experiences. We will examine two different kinds of stress and identify the benefits of stress. We will identify several stress management techniques.



## Self-Connecting Through Journalling [H, I, E] ★



Journalling offers many benefits to mental health. This group will explore different types of journalling so you can experiment different journalling techniques that may resonate with you. When we experience a variety of emotions, journaling is a way to connect with your emotions, record important experiences, and develop perspective. This course will focus on the art and benefits of consistent journaling. It emphasizes unique approaches you can take with your own journaling practice.

## Self-Compassion [H, I, E] ★



Most of us feel compassion when someone close to us is struggling. What would it be like to receive the same caring attention whenever you needed it most? All that's required is a shift in the direction of our attention—recognizing that as a human being, we too are a worthy recipient of compassion. These 6 sessions will look at tools to help build our self compassion and will include guided meditations the sessions.

## 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!

## Shepard's Pie with Amelia Cooking Workshop [C, E]



Please join us for cooking, conversation and of course, lunch! We will be making a twist on the classic Shepherd's pie, a seasonal chopped salad with an herby green goddess dressing and your choice of chocolate chip or berry oat bars. Vegan and vegetarian options will be available.



## **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.



## **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. ★



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

This workshop will encourage participants to reflect on their 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.



## **Stocking Your Resilience Toolbox [C, H, I, M, E]** ★

Funny stories. Good advice. From financial challenges to clashes with loved ones, obstacles come in all shapes and sizes. In this two-part course, community facilitator Josh Martin will share hilarious stories from his life and what those experiences taught him about navigating difficult times. Topics include self-care, motivation, creative problem solving, letting go, adaptability, accountability and more. Enjoy a few laughs while learning practical skills to boost your resilience.

# 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)**

## TikTok Tomato and Cheese Sauce with Andria Cooking Workshop [C, E]



It's a creative piece with these 2 basics of cherry tomatoes and a block of Greek feta cheese, you can add seasoning and bake it with what's left in the cupboard/fridge. This is a sauce that actually goes a long way when you mix it together and use it as a topping over pasta, rice, pizza, naan bread, or flatbread. No cooking experience required!

## 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)**

# 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.

## Wellness Jeopardy [C, H, E] ★



Wellness Jeopardy is a game designed to make wellness education fun with some friendly competition! Wellness Jeopardy is a series of wellness-related trivia questions based around the framework of the TV gameshow Jeopardy.

## 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!