

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 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

Course Catalogue

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 an experienced trainer.

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!



Being Assertive [C, H, I, M, 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, including how to say "no" when you need to.



Bowling (Haliburton) [C, H, E]

This group is for Haliburton participants. Join us for six weeks of free 5 pin bowling. Come make new connections and cheer each other on. All skill levels welcome!



Building Self-Confidence & Making Friends [C, H, I, M, E] ★

The world can be an intimidating place, and it takes time to truly come into ourselves and feel comfortable with who we are. There's no step-by-step guide out there, and feeling isolated can impact our mental health negatively. In this workshop, we will explore the importance behind self-confidence and strong, healthy friendships and discuss strategies to build these necessary skills.



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 and associated emotions of loneliness and focus on the definitions and differences between loneliness and isolation. The experience and value of solitude will be explored and strategies to manage loneliness will be shared.



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 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 [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.



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 and be able to search information using Google. You will be able to join online meetings or attend appointments and learn more about communicating using email and texts. 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.



Coping Catalogue [C, H, M, E] ★

Are you looking to develop your coping skills? Join us for this two-session group on basic coping strategies. Participants will have the opportunity to learn from others about what strategies have worked for them, as well as share their own ideas. Participants will leave with a resource to have on hand when coping skills are needed.



Cooking Workshops [C, H, I, M, E] ★

Join CMHA HKPR staff members for a variety of cooking workshops! Each workshop will teach participants how to make a specific meal that is well-loved by a CMHA staff. 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!



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.



Create & Connect Art Group ★

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.**



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. Presented by 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 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.



Establishing a Self-Care Toolbox [C, H, I, M, E]

This course is designed to assist in creating a nurturing daily self-care routine to promote our well-being and resilience. Some practices explored within the sessions are mindfulness, guided meditations, breathing techniques, self-compassion, and the development of a personalized self-care plan that resonates with your unique lifestyle and needs. Join us on this path to self-discovery and empowerment, learning to be more accepting of life challenges with grace and ease.



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.



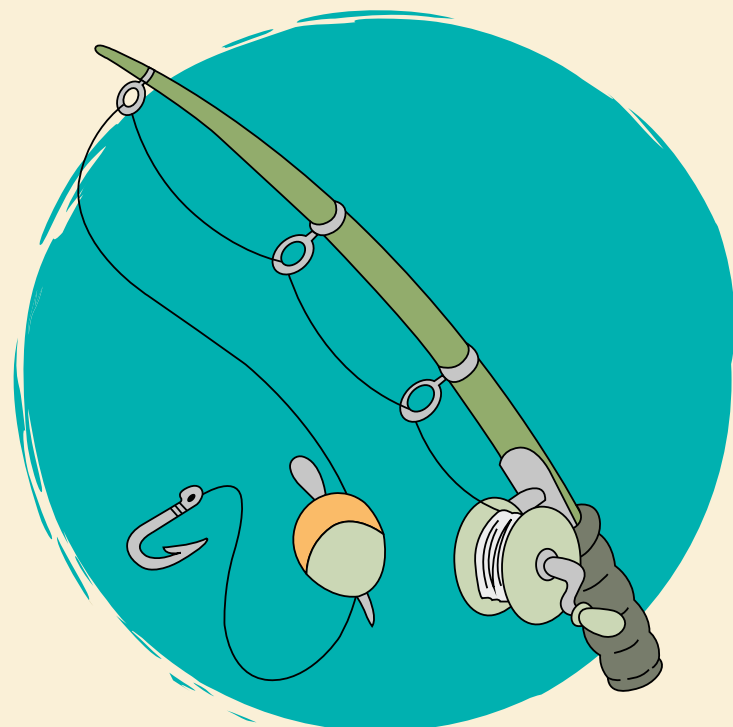
Financial Literacy Workshop [C, H, E]



Do you want to understand and learn how to use financial skills like finance management, budgeting, and planning? Are you on a social assistance program and struggling to get your needs covered? Join us for a conversation on improving your financial literacy!

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.





Fall Harvest Soup Cookout & Forest Walk Tea [C, I, M, E] ★

Immerse yourself in learning and community spirit at our educational vegetable farm, where every aspect is dedicated to nurturing both the land and local families in need. Begin the adventure by harvesting seasonal vegetables fresh from the field and discovering the joys of hands-on farming. Then join us in our outdoor kitchen to learn how to create a delicious and nutritious fall soup, using your freshly picked produce. We will enjoy our soup creation and break bread together! After, we will enjoy a forest tea walk, to connect with nature and savor herbal tea. This enriching experience combines practical skills, sustainable practices, and the satisfaction of working together to make something out of nothing. Come celebrate the harvest!



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.



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.



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. Presented by CMHA HKPR's Supportive Housing Program.



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.



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 & 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 - Farm Therapy (Northumberland) [C, H, E]



Join us at From Scratch Farm for farm therapy where we will enjoy free outdoor activities on the farm such as: caring for the animals, tending to the gardens, food preservation (canning), cooking with food from the garden, woodworking and more. Please dress for the weather, as this group is rain, shine or maybe even snow!



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!**



Learn and Play [C, I, E]

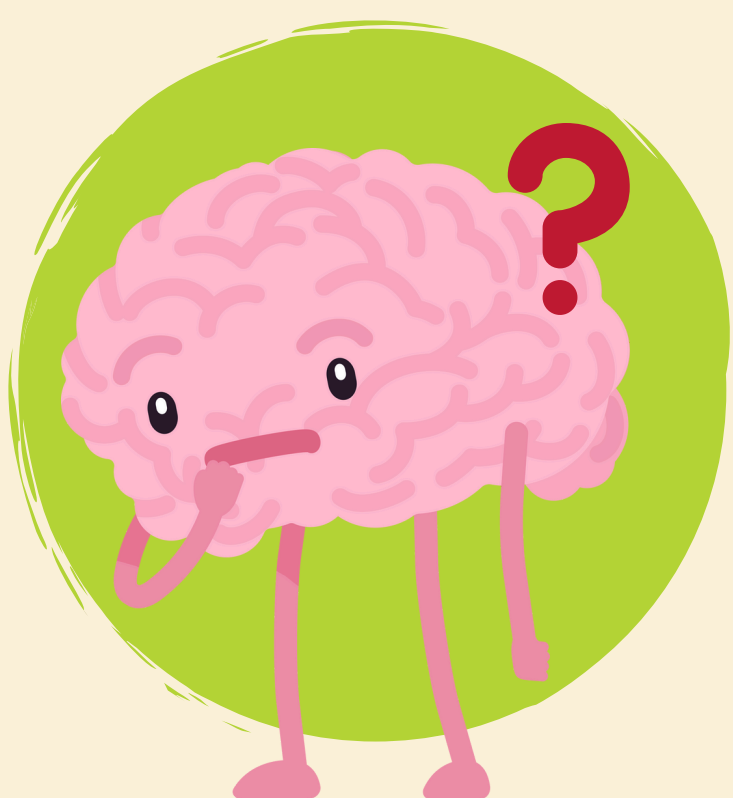
This group provides a space for participants to engage with their sense of playfulness, something that is often lost or discouraged in adulthood. This group is an opportunity for everyone to connect with themselves and others, however neurodivergent people may find it particularly beneficial. Life can be really complicated – sometimes returning to the simple foundations can teach us new understandings. This group is intended to be easily accessible, focusing on simple activities that have a deeper lesson to teach participants.



Let's Cook Together [C, H, I, M, E]



This two-session group will empower participants to collaboratively choose a meal to make, and then have the opportunity to cook it together. All participants will be provided with the recipe and a meal planner to take home. By the end of this informative and practical group, participants will have gained knowledge and have quick tips for shopping and planning meals that can be flexible based on your income.



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.



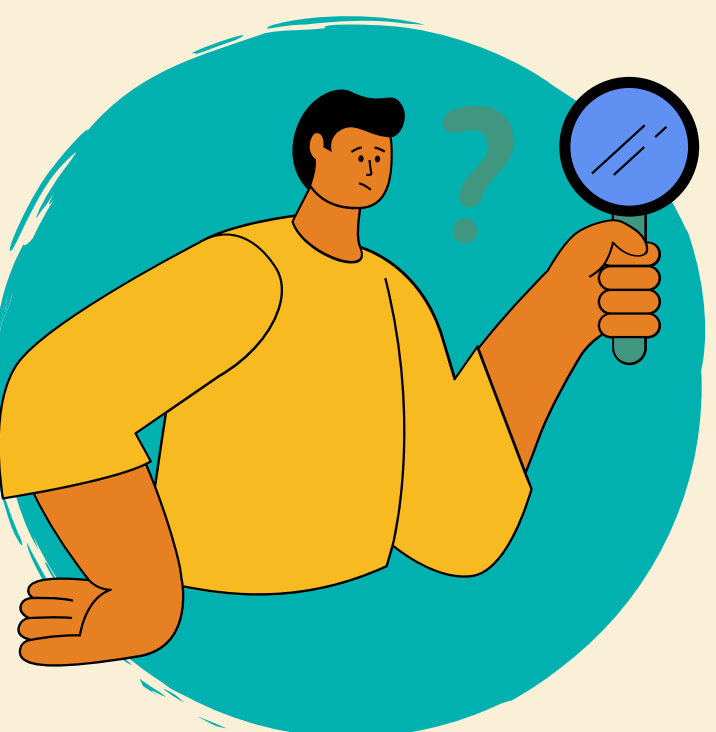
Living With Concurrent Disorders Workshop & Peer Group [C, H, I, M, E] ★

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.



Living With Psychosis Workshop & Peer Group [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. The workshop will have a discussion-based peer group the following week on the same topic.

Living With Schizophrenia Workshop & Peer Group [C, H, I, M, E]

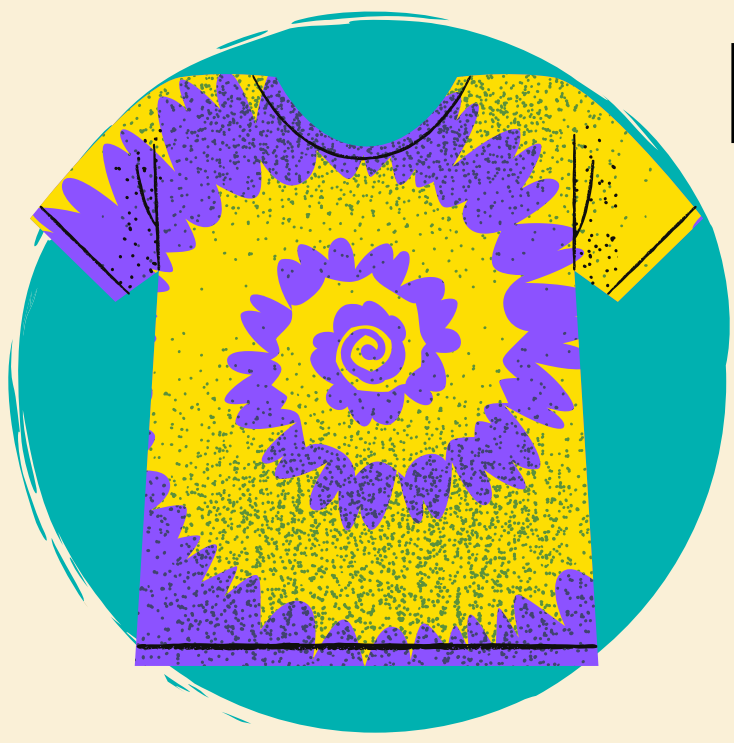
Schizophrenia is often a misunderstood and misrepresented mental health condition that often involves a distorted perception of reality. This can include any combination of hallucinations, delusions, and extremely disorganized thinking and behaviour. Join us in learning more about schizophrenia and its symptoms, treatments and wellness strategies, and help us to debunk some of these misconceptions. The workshop will have a discussion-based peer group the following week on the same topic.

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 (Haliburton) [C, I, E]

This group is for Haliburton participants. 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.



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 Discussion & Walk (Haliburton) [C, M, E] ★

This group is for Haliburton participants. Be part of a naturally occurring conversation between people with lived experience, and enjoy a walk together in a safe, comfortable, and non-judgmental environment. All abilities welcome.



Peer Lunch (Haliburton) [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.

Performance Art Workshops [C, H, I, M, E]



Performance art is a powerful practice that can help you connect more fully to the present moment, tune into your curiosity & playfulness, and be vulnerable. Through this series of three workshops, participants can explore performance art as a tool for creativity and wellness. Facilitated by an experienced performance artist.

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.



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-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-Defense Workshop - Empower Yourself! [C, H, I, M, E] ★



This workshop is designed to empower participants by enhancing their understanding of personal safety and potential threats. Attendees will gain practical skills and confidence to handle various situations safely. The workshop will focus on improving bodily awareness and personal autonomy, covering essential self-defense techniques like escaping grips and adopting effective body stances. **Please note that there will be physical contact during practice sessions.**



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!**

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!**

Wellness Action Recovery Plan (WRAP)

[C, H, M, E]



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.

Yoga (Haliburton) [C, H, E] ★



This group is for **Haliburton** participants. Join us for four weeks of stretching, breathing and meditation. Experience guided yoga with a certified instructor and meet new people. All skill levels welcome!

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

or call reception at (705) 748-6711 (PTBO)

or 705-328-2704 (KL) for more details.