

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, 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 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 - Winter 2025

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



Anger Management - Justice [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.



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.



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.



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

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



Community Resources (CR) [H, E]

These sessions are for individuals looking to learn more about available services in the Peterborough and Kawartha Lakes area. Each session will be led by a staff representative of a local agency who will go over the ins and outs of the supports and assistance they offer.

- Community Care (PTBO/KL): Supports seniors and adults with physical challenges and help them stay healthy and safe in their own homes.
- Community Legal Centre (PTBO): Provides free & confidential legal services for low-income individuals.
- FourCAST (PTBO/KL): Supports for individuals managing substance use & addictions.
- Victim Services (PTBO/KL): Provides emotional and practical support to victims of crime and tragedy.
- Hospice (KL): Supports people with terminal illness and their family members.



Conflict Resolution Workshop

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



Creative Expressions [C, I, E]

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



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.



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.



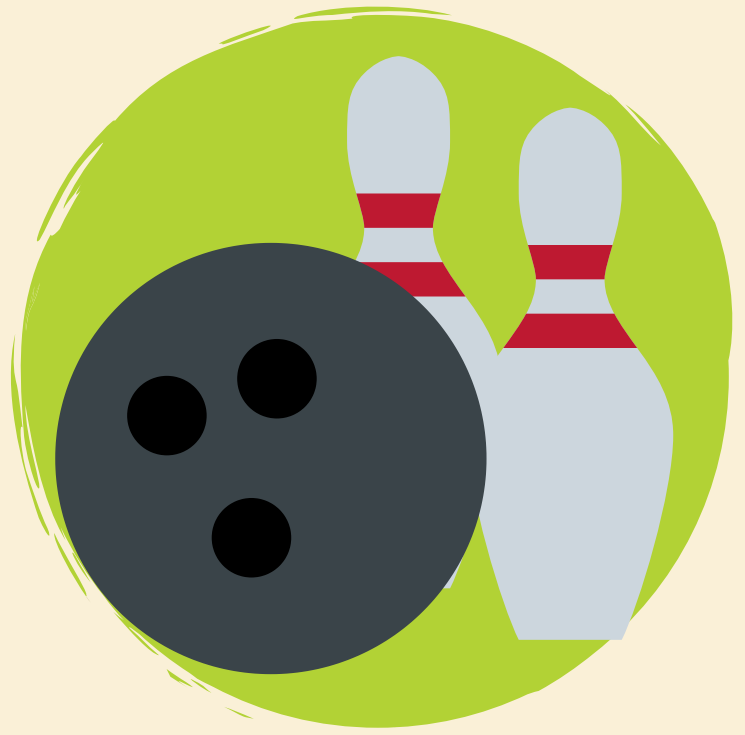
Idea Fest and Quality Circle

Join this brainstorm and evaluation session to help build and improve the HOPE Program! This will include suggesting and creating new ideas for courses as well as participating in a key aspect of Recovery Colleges - assessing how well the program is working. This is an opportunity to be involved as a peer and participate in building the future of peer supports and Recovery Colleges.



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 - 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!



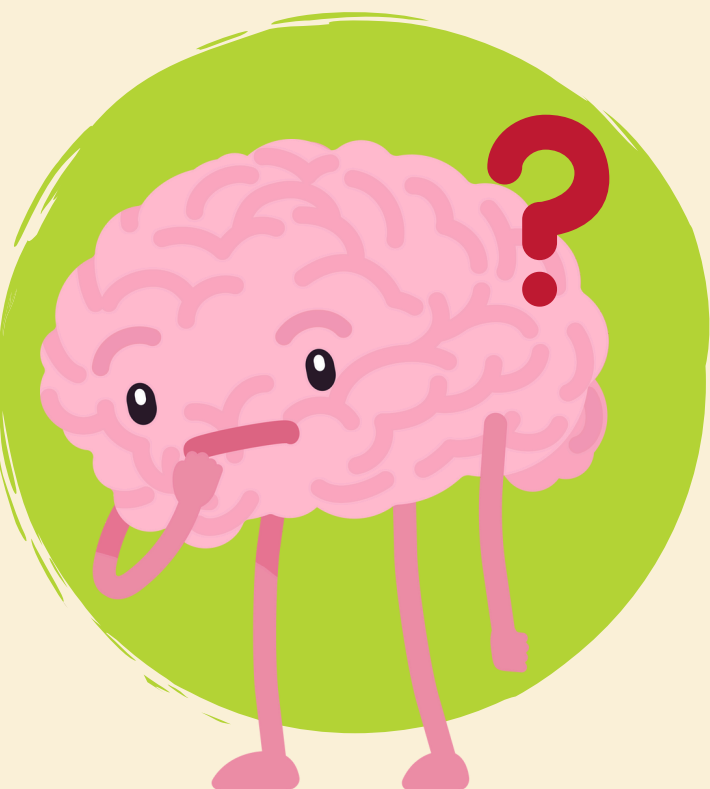
Justice Recreation - Yoga (PTBO) [C, H, E]

“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!**



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.



Maple Fest [C, I, M, E]

Join us at Lakefield College's main campus for a hands-on maple syrup experience! Weather permitting, we'll gather sap, tour the sugar shack boiler cabin, and savor freshly made maple taffy. Take a scenic walk through our beautiful maple grove and learn about the trees and history that bring us this delicious tradition.



Movement & Meditation [H, M, E]

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



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.

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.

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.



Stress Management [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-Compassion

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 4 sessions will look at tools to help build our self compassion, including guided meditations in each session.



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

This is an ongoing monthly virtual group where family and loved ones of individuals who are trans/non-binary/gender questioning get together to discuss our experiences supporting our loved ones and ourselves. Topics will be brought up by participants each month. Participants will learn and connect through each other's experiences in a non-judgmental and confidential setting.

This group is ideal for those who are looking for support and social connection. [TO REGISTER, EMAIL transpeeroutreach@cmhahkpr.ca!](mailto:transpeeroutreach@cmhahkpr.ca)



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

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



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.



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.

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