

# Spring/Summer 2023 Course Guide

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## Unknown Battle

We are still humans despite our delusions  
We are strong from the constant battle we have in our minds each and everyday  
without pause  
We are able to love despite the emotional walls we build around ourselves too  
prevent us from getting hurt  
We are able to control ourselves and not all of us are violent or sinister like what  
the movies portray us to be  
We maybe to loud despite our best intentions to be quiet  
We may see things that are not there but please believe us that we could be truly  
scared even though you know that there is nothing there to be scared of  
We may not look like we feel emotions or are “flat” sometimes its from the side  
effects of the meds we take to keep us well  
We can still express ourselves but please be patient with us our thought process  
could be jumbled, or we will be slow to respond to your comments or to express  
an idea  
We can communicate in other ways but not always through words  
We are able to be vulnerable despite the strong front we put on each and every  
day  
We are to be admired for the courage that took us to ask for help and to some  
who are able to stand up against the prejudice & stigma society can place on us as  
a whole.

Amber Phillips

## What is Recovery?

Recovery is a personal journey of self-discovery and regaining control of your path to wellness. This journey can involve learning from challenges and developing self-awareness about your strengths and passions in order to develop meaningful goals related to a purposeful life.

Because recovery is different for everyone, it can be helpful to learn about various elements of recovery including health and wellness, leisure and interests, and several skills that can help you to manage difficulties.

The purpose of the Recovery College is to provide you with courses that you can take to learn about mental health, treatment options as well as leisure and fun. Our goal is to support you in your journey of discovery and to provide you with opportunities to learn more about yourself.

## The Recovery College at Ontario Shores

The Recovery College at Ontario Shores opened in the fall of 2016. Each semester, inpatients and outpatients at Ontario Shores may register for courses in the college in order to access learning that complements the treatment they are already receiving. Once registered, students choose as many courses as they wish in order to learn about different things that may enhance their personal recovery.

## Post-Secondary Recovery College

Recovery College in Post-Secondary Institutions is a new and innovative application to Recovery College delivery. Recovery Colleges have been implemented at the following post-secondary institutions: McMaster University, Ontario Tech University, University of Toronto Scarborough Campus, George Brown College, Durham College, Toronto Metropolitan University, and Western University. The student voice is at the center of this work. First, a mental health needs assessment is conducted to gain an understanding of the mental health needs of students and this is used to inform recovery college courses. After the need's assessment, co-production and course creation is conducted by recruiting students to co-produce courses, and to identify course objectives. Topics, associated content, and logistics are then all co-created. The courses are facilitated by peers, with lived experience, from each school and are supported by a peer support specialist from Ontario Shores. Some common themes of courses offered are: skill development, self-discovery, navigating services and resources, healthy lifestyle, and burnout and balance.

If you are interested in learning more about our Post-Secondary Recovery College please contact one of our Post-Secondary Peer Support Specialists:

Brooklyn Bastarache at (905)-430-4055 ext. 6979 or [bastaracheb@ontarioshores.ca](mailto:bastaracheb@ontarioshores.ca)

Kennan Gregory at (905)-430-4055 ext. 6895 or [gregoryke@ontarioshores.ca](mailto:gregoryke@ontarioshores.ca)

Sarah Reid at (905)-430-4055 ext. 6903 or [reidsa@ontarioshores.ca](mailto:reidsa@ontarioshores.ca)

## Courses within the Recovery College

There is no cost to attend the Recovery College at Ontario Shores. Courses are either co-designed and/ or co-facilitated by facilitators with professional and/ or lived experience with mental illness. Courses cover a wide variety of topics and range in length from one-day workshops to courses that are offered weekly for several weeks. Course types include:

1. Learning about mental health and treatment options
2. Leisure, health and wellness
3. Vocational courses
4. Skills development
5. Self-discovery and identifying strengths

## Peer Tutors

The peer tutors are there to help offer information and support. They will help you select the courses that best support your learning goals. The tutors have lived experience with mental illness and know what it's like to experience and overcome challenges. They are friendly, welcoming peers who will discuss some of your hopes and aspirations to help shape your choices in the College.

## Recovery College Mission, Vision, Values

### Mission

To support individuals in their personal journey of recovery.

### Vision

The Recovery College will transform the lives of individuals with mental health challenges by fostering recovery, connection, hope and inspiration through learning, self-discovery and skill development.

### Values

- ✓ Recovery principles are visible in all aspects of the College
- ✓ A barrier-free approach highlighting the importance of lived experience and peer support, thus minimizing the distinction between “patients” and “staff” that perpetuate stigma and exclusion
- ✓ Capacity building in individuals with an emphasis on enabling participants to become experts in their own self-care and develop the skills they need for meaningful goal attainment, living and working
- ✓ Co-production between the mental health professional and the individual with lived experience
- ✓ Peer support, group learning and mutual collaboration in design and delivery of courses
- ✓ Choice, autonomy and self-determination
- ✓ Outreach and involvement in the local community

## New this Semester

**In-Person classes are resuming!** We are very excited to announce we have some in-person classes resuming: Pay It Forward, Finding Your Voice: Putting Pen to Paper, Course Facilitation Skills Training, Pursuing Dreams and Aspirations and The Art of Craft. These courses are highlighted in yellow on the schedule found on pages 13-14.

We are very excited to have some new offerings this semester (The Art of Social Interaction, Exploring Non-Attachment, Exploring Our Relationship with Body Image and Food, Progressive Low Impact Exercise, Co-design Harm Reduction, Expressive Arts, Find Some Fun: Leisure Education, Good Mourning).

We also have a number of special events and workshops this semester. Feel free to see what we are offering and try out something new. These programs do not count toward your 4-course maximum. You can read more about this on pages 46-47 of our course guide



## Registration Process

All of our courses require registration. If you are interested in becoming a student in the Recovery College, please refer to the following:

### New Student Registration

1. Visit <https://recoverycollege.ontarioshores.ca/welcome>
2. You then need to select the New Student Button:

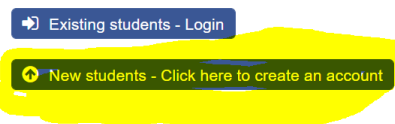
Learning and recovery - Courses provide education about mental illnesses, treatment, wellness and ultimately discovering or rediscovering passions, hope, and meaning. The Recovery College complements professional assessment and treatment by helping participants understand their challenges and learn how to manage them better to pursue their aspirations. It is a place where "lived experience" is blended with the expertise of mental health professionals to help participants develop meaningful goals for recovery. We look forward to accompanying you on your recovery journey!

#### Virtual Course Offerings

Virtual Courses will take place over the Zoom platform.

#### Registration:

- All are welcome! Registrants are not required to be receiving services from Ontario Shores to be eligible.
- The winter semester begins on January 4th and runs through April 1st
- Registration is open beginning November 22, 2021



3. Enter your first name, last name, email and set a password that you will remember  
Select > Sign Up
4. Go to your email inbox and locate the email to activate your account. The email will be

**From:** [medsis@knowledge4you.com](mailto:medsis@knowledge4you.com)

5. Click on > Activate your account
6. You will then receive this message:



7. Click on > Enter MedSIS
8. Enter your credentials
9. You will now see:

You are now logged on to **MedSIS 3C**, the Internet-based full-function management system for the Recovery College, Ontario Shores and Logibec.

As a student, start by completing your requirements found under the **Registration Requirements** section on the dashboard or by clicking **F** completely registered, you must complete all of your requirements by uploading documents, signing letters or submitting forms.

The screenshot shows the MedSIS 3C dashboard. On the left, the 'Registration Requirements' section is active for the '2022 Winter S' session. It lists two items: 'Registration Form' with an 'Outstanding' status and 'Membership Agreement' with a 'Signature Required' status. A yellow circle highlights a 'details...' link at the bottom of this section. On the right, the 'Alerts' section contains two notifications: one for the 'Registration Form' and another for the 'Membership Agreement Signature Required'. A 'details...' link is also visible at the bottom right of the Alerts section.

10. Click on > details

11. Complete Registration Form & Membership Agreement

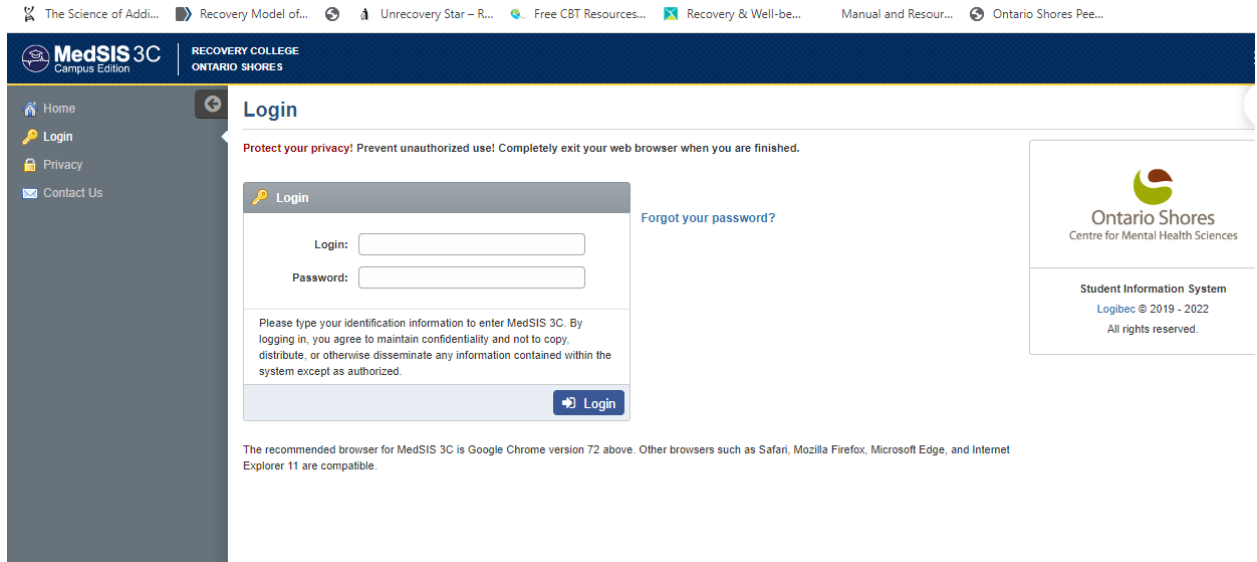
The screenshot shows the 'Requirements' section of the MedSIS 3C dashboard. It indicates that '2 out of 2' requirements are 'Not Completed'. The first requirement is the 'Registration Form', which has not been submitted yet. It has an 'Outstanding' status and a 'Start Registration' button highlighted in yellow. The second requirement is the 'Membership Agreement', which has not been signed yet. It has a 'Signature Required' status and a 'Sign Off' button highlighted in yellow.

12. Complete Individualized Learning Plan if you wish or just submit blank document.

13. Course Selection Form will now release – you can choose up to 4 course and 4 additional waitlisted courses

## Returning Student Registration

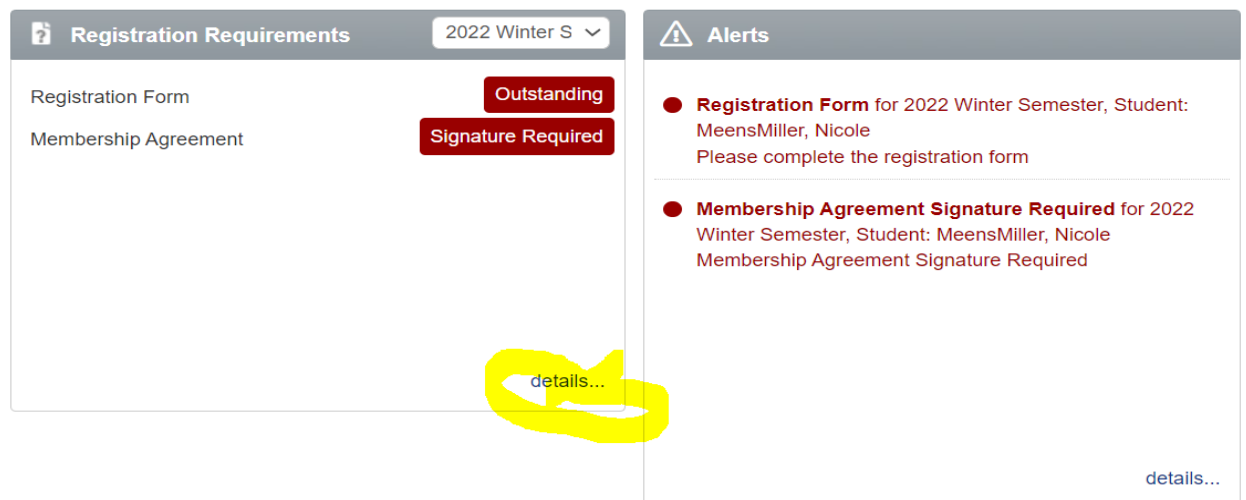
1. Visit <https://recoverycollege.ontarioshores.ca>
2. You then need use your credentials to log in:



3. Please select “Forgot your password?” if you have forgotten your password
4. Go to your email inbox and locate the password reset email.
5. Follow the instructions in your email to reset your password.
6. Log into your account

You are now logged on to **MedSIS 3C**, the Internet-based full-function management system for the Recovery College, Ontario Shores and i Logibec.

As a student, start by completing your requirements found under the **Registration Requirements** section on the dashboard or by clicking **F** completely registered, you must complete all of your requirements by uploading documents, signing letters or submitting forms.



7. Click on > details
8. Complete Registration Form & Membership Agreement

☰ Requirements Session : 2022 Winter ... ▾

**✗ Not Completed** 2 out of 2

<b>Registration Form</b> Registration Form has not been submitted yet.	<b>Outstanding</b> ✗ <a href="#">🕒 Start Registration</a>
<b>Membership Agreement</b> Letter has not been signed yet.	<b>Signature Required</b> ✗ <a href="#">✍ Sign Off</a>

9. Complete Individualized Learning Plan if you wish or just submit blank document.
10. Course Selection Form will now release – you can choose up to 4 course and 4 additional waitlisted courses.

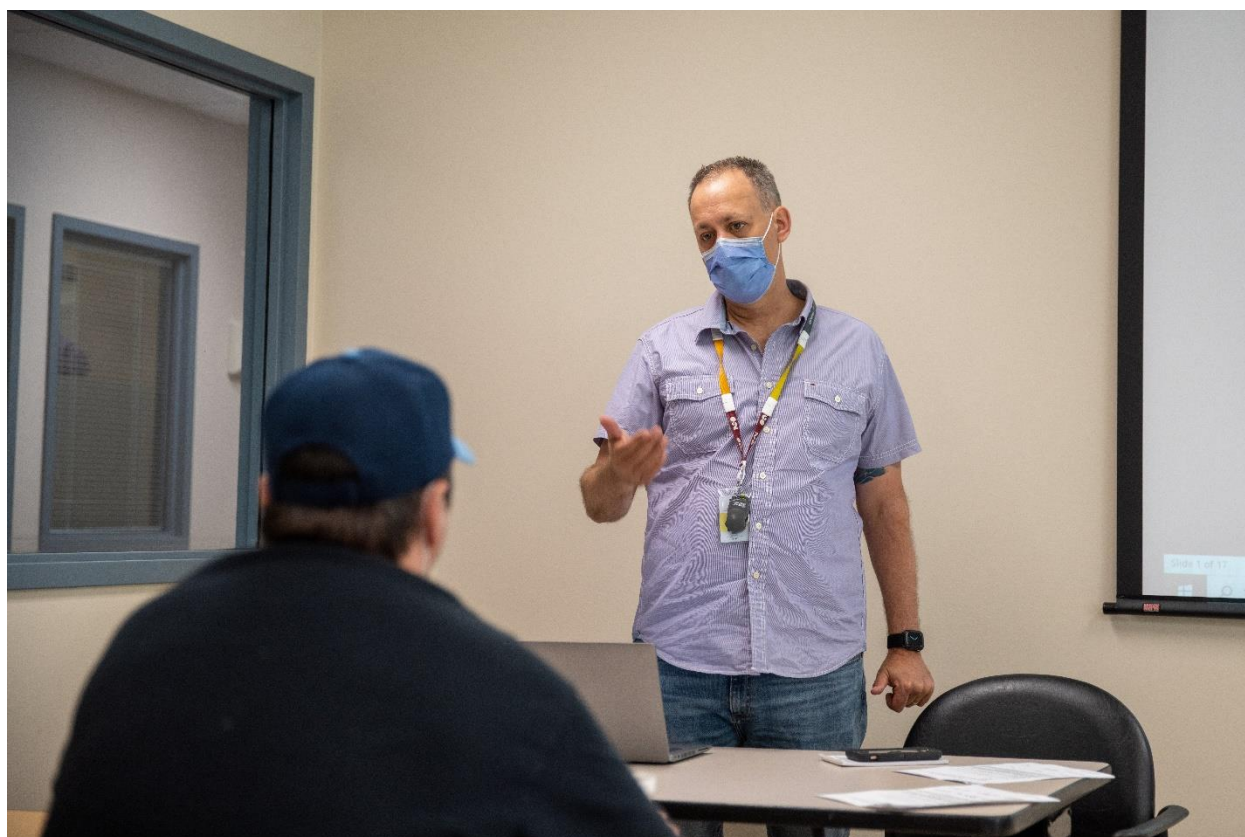
## Recovery College Spring/Summer 2023 Semester: Virtual Schedule

### Semester Dates:

May 1, 2023 – July 28, 2023

Session A: May 1 – June 16      Session B: June 19 – July 28

(No class on Monday, May 22 (Victoria Day) & Monday, July 3 (Canada Day))



## Schedule at a Glance

### Recovery College Spring 2023 Semester: Virtual Schedule

May 1 – July 28, 2023

(No class – Monday, May 22 (Victoria Day) & Monday, July 3 (Canada Day))

Session A: May 1 – June 16      Session B: June 19 – July 28



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:15am	<b>Learning About Mindfulness</b> 10 Weeks May 1 – July 17  Sue & Heather  **No Class May 22** **No Class July 3**	<b>Building Resiliency</b> 12 Weeks May 2 – July 18  Sue & Heather	<b>The Art of Social Interaction</b> 6 Weeks May 3 – June 7  Sue & Heather	<b>Exploring Non-Attachments</b> 6 Weeks May 4 – June 8  Sue & Heather	<b>Exploring Core Beliefs</b> 6 Weeks May 5 – June 9  Sue & Heather
			<b>Understanding Burnout</b> 6 Weeks June 14 – July 19 Sue & Heather	<b>Exploring Non-Attachments</b> 6 Weeks June 15 – July 20 Sue & Heather	<b>Understanding Anger</b> 6 Weeks June 16 – July 21 Sue & Heather
10:30am-11:45am	<b>Creative Writing</b> 8 weeks May 1 – June 26 Julie & Krishna  **No Class May 22**	<b>Growing Gratitude A</b> 4 weeks May 9 – May 30 Amanda	<b>Pay It Forward IP</b> 5 weeks May 24 – June 21 Amanda & Sarah	<b>My Story My Voice A</b> 6 Weeks May 4- June 8 Lori & Sue	
		<b>Exploring Our Relationship with Body Image and Food</b> 6 weeks May 2 – June 6 Leah & Stacey		<b>Progressive Low Impact Exercise</b> 12 weeks May 4 – July 20 Julie	
	<b>Creative Writing</b> Continued	<b>Growing Gratitude B</b> 4 weeks June 6 – June 27 Amanda	<b>Finding Your Voice: Putting Pen to Paper</b> 6 weeks June 21 – July 26 Clark & Sue	<b>My Story My Voice B</b> 6 Weeks June 22- July 27 Lori & Sue	<b>Women’s Group</b> 6 weeks June 16 – July 21 Leah & Colleen
				<b>Progressive Low Impact Exercise</b> continued	
1:00-2:15pm	<b>CMHA Collaboration Self-Esteem</b> 6 Weeks May 1 - June 12 Keith & Chandra  **No Class May 22**	<b>DMHS Collaboration Who Am I</b> 6 Weeks May 2 - June 6 Keith & Michelle	<b>Conquering Loneliness</b> 6 Weeks May 3 - June 7 Keith & Chandra	<b>Course Facilitation Skills Training</b> 6 Weeks May 4 - June 8 Keith & Chandra	<b>Coping with Depression</b> 6 Weeks May 5 - June 9 Keith & Chandra
		<b>Budget Bites</b> 6 weeks May 16 – June 20 Nicole & Olyvia		<b>Let’s Talk About Art</b> 6 weeks May 11 – June 22 Leah & Kati	<b>Yoga Flow</b> 12 weeks May 5 – July 28 Julie

	<p><b>Co-Design Harm Reduction</b> 6 Weeks June 19 - July 31 Keith &amp; Chandra <b>**No Class July 3**</b></p>	<p><b>DMHS Collaboration Communication and Conflict</b> 6 Weeks June 20 - July 25 Keith, Chandra &amp; Michelle</p>	<p><b>Advocacy</b> 6 Weeks June 21 - July 26 Keith &amp; Chandra</p>	<p><b>Pursing Dreams and Aspirations</b> 6 Weeks June 22 - July 27 Keith &amp; Chandra</p>	<p><b>Open Peer Discussion</b> 6 Weeks June 23 - July 28 Keith &amp; Chandra</p>
					<p><b>Yoga Flow</b> Continued</p>
3:00 pm-4:15 pm	<p><b>Creative Journaling</b> 7 weeks May 1 – June 26  Julie &amp; Amanda <b>**No Class May 15**</b> <b>**No Class May 22**</b> <b>**No Class June 17**</b></p>	<p><b>The Art of Craft</b> 6 weeks May 16 – June 20 Amanda &amp; Brook</p>	<p><b>Wellness Wednesday</b> (8 weeks) May 3 – June 21  Julie &amp; Amanda</p>	<p><b>Good Mourning A</b> 6 weeks May 18 – June 22 Nicole &amp; Laurene</p>	
				<p><b>Discovering Watercolour Painting A</b> 6 weeks May 4 – June 8 Ashley &amp; Amanda</p>	
	<p><b>Creative Journaling Continued</b></p>		<p><b>Good Mourning B</b> 6 weeks June 21 – July 26 Nicole &amp; Laurene</p>	<p><b>Discovering Watercolour Painting B</b> 6 weeks June 22 – July 27 Ashley &amp; Amanda</p>	
5:15 pm – 6:30 pm	<p><b>Guided Painting</b> 6 weeks May 8 – June 19 Amanda <b>**No Class May 22**</b></p>	<p><b>Expressive Arts</b> 9 weeks May 2 – June 27 Julie</p>	<p><b>Find Some Fun: Leisure Education</b> 8 weeks May 3 – June 21 Julie</p>	<p><b>Pay It Forward V</b> 5 weeks May 25 – June 22 Amanda</p>	

## Events & Workshops

**(Events and workshops do not count toward your 4-course limit)**

### Cultivating Happiness & Joy at the Oshawa Public Library, McLaughlin Branch

Tuesday, June 6, 13, 20 & 27

11:00 am – 12:00 pm

Please contact the library for details on registering for this event.

<https://oshawalibrary.ca/>

### Exploring Employment as Part of Your Recovery

Wednesday, May 10, 2023

1:00 pm – 2:15 pm

### Getting to Know Your Library

Whitby Library – Wednesday, May 17, 2023 1:00 pm – 2:15 pm

Oshawa Library – Wednesday, June 7, 2023 1:00 pm – 2:15 pm

### We Care Well: Recovery Workshop Series for Family Caregivers

May 4, 11, 18, 25

1:00 pm - 2:30 pm



## Monday Mornings

### Learning About Mindfulness

**Facilitator(s):**

Sue Hie  
RPN

Heather Morhorn  
RPN

**Course Type:**

Learning and  
Understanding

**Start / End Date:  
(Session A & B)**

May 1 – July 17  
\*\*No Class May 22\*\*  
\*\*No Class July 3\*\*

**Start / End Time:**

9:00 AM - 10:15 AM

**Number of Sessions:**

10

**What will we do?**

Mindfulness is a tool that you can put in your tool belt to help you manage difficult situations and bring you back to the present moment. In this group, we will engage in both discussions with our peers and with the curriculum to learn about the 9 attitudes of mindfulness to help us set the stage for positive emotional experiences.

**What will you learn?**

- The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn
- To stay in the present in order to foster a positive and comfortable emotional state

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### Creative Writing

**Facilitator(s):**

Julie Murray,  
Recreation Therapist

Krishna  
Peer Tutor

**Course Type:**

Self-discovery and  
identifying strengths

**What will we do?**

During this 8-week creative writing session, we will be composing 1 different writing genre per week. The writing genres include: poetry/prose, short stories, screen play/ stage play, fantasy, memoirs, haiku poems, humorous speech/monologue and acrostic poems. Each week we will have a positive emotion associated with the genre as well as examples of what this looks like and writing prompts that that will assist you in your writing process. Following our creative writing time, everyone will have the opportunity to share what they created. This is a supportive and creative group writing experience.

**Start / End Date:  
(Session A)**

May 1 – June 26

**Start / End Time:**

10:30 AM – 11:45 AM

**Number of Sessions:**

8

**What will we learn?**

- Learning new writing genres and how to express themselves through that
  - Developing new tools to broaden their critical thinking, speaking, writing and reading.
  - Engaging in new forms of creative, positive expression
-

## Monday Afternoons

### CMHA Co-design Collaboration – Self-Esteem

**Facilitator(s):**

Keith Wilen

Peer Support Specialist

Chandra Amodeo

Peer Support Specialist

Marie Logan

CMHA

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:**

**(Session A)**

May 1 – June 12

**\*\*No Class May 22\*\***

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

6

**What will we do?**

Do you find it difficult to share your opinions and to speak up for yourself? This peer led course will explore what self-esteem is, why we struggle with it, the importance of positive self-esteem, and what causes low self-esteem. We will also take a look at strategies to challenge negative or inaccurate thinking.

**What will you learn?**

- What is Self-esteem and ways to build it
- Factors that shape and influence self-esteem
- How to communicate assertively
- Ways to set healthy boundaries

## Co-Design – Harm Reduction

### Facilitator(s):

Keith Wilen  
Peer Support Specialist

Chandra Amodeo  
Peer Support Specialist

### Course Type:

Self-discovery and  
identifying strengths

### Start / End Date: (Session B)

June 19 – July 31  
\*\*No Class July 3\*\*

### Start / End Time:

1:00 PM – 2:15 PM

### Number of Sessions:

6

### What will we do?

If you are interested in developing a new Recovery College program surrounding the topic of harm reduction, then this is the group for you!

You are an expert on your own mental health journey, and we greatly value this expertise! As like-minded peers, we will come together brainstorming ideas and developing content for this course to be presented in future Recovery College semesters!

We will collectively decide on a course name, content and topics, and how to engage participants who join. We would love to hear your experiences regarding the ways in which you connect to your community and how we can share those connections/resources with others.

We can't wait to learn and create alongside you!

### What will we learn?

- Co-design skills and the Recovery College philosophy.
- How to leverage personal experiences as a source of strength and value.
- How to apply the principles of co-design, lesson planning, and how to work effectively in a group while producing and/or sourcing course content.
- How to help meet the mental health needs of your peers by creating a new, innovative and interactive course

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## Creative Journaling

### Facilitator(s):

Julie Murray,  
Recreation Therapist

Amanda O'Keefe,  
Recreation Therapist

### Course Type:

Self-discovery and  
identifying strengths

### Start / End Date: (Session A)

### What will we do?

The purpose of this program is to provide a non-judgmental environment that encourages participants to reflect on the positive qualities in their lives. This will be achieved through a loosely guided application of weekly themes while allowing participants to express their own creativity and participating in group discussion. Participants will be provided with a list of suggested supplies to have on hand in order to facilitate creativity as well as on overall artistic concept to expand upon. Upon completion, participants are encouraged to continue their journaling journey.

May 1 – June 26

\*\*No Class May 15\*\*

\*\*No Class May 22\*\*

\*\*No Class June 17\*\*

**Start / End Time:**

3:00 PM – 4:15 PM

**Number of Sessions:**

7

**What will we learn?**

- Demonstrating an increased knowledge of art journaling strategies/techniques based upon weekly themes.
- Engaging in various artistic techniques while completing their journal pages

## Monday Evening

### Guided Painting

**Facilitator(s):**

Amanda O'Keefe  
Recreation Therapist

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:  
(Session A)**

May 8 – June 19

**Start / End Time:**

5:15 PM – 6:30 PM

**Number of Sessions:**

6

**What will we do?**

Within this course you will learn to paint something new each week. In this guided painting experience you will be able to create your one of a kind pieces that teach the following painting techniques: stenciling, sponge painting, and using a tooth brush as a painting tool. You do not need prior painting experience to join in the fun, this program is for all levels!

**What you will learn?**

- Within this workshop you will have the opportunity to self-express through painting.
  - Learn a variety of painting techniques with brushes, stencils, and everyday household objects
  - Build self-esteem and creativity
  - Participate with others in a judgement free social environment
-

## Tuesday Morning

### Building Resiliency

**Facilitator(s):**

Sue Hie

RPN

Heather Morhorn

RPN

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:**

**(Session A)**

May 2 – July 28

**Start / End Time:**

9:00 AM - 10:15 AM

**Number of Sessions:**

12

**What will we do?**

Resilience is when we are able bounce back from difficulties. Throughout this group, we will engage in discussions related to managing and coping with life's stressors and highlight our strengths to better equip us to cope and adapt to challenging situations.

**What will we learn?**

- What personal resiliency is
- To identify and learn how to apply resiliency skills to current and future stressors

### Growing Gratitude A & B

**Facilitator(s):**

Amanda O'Keefe

Recreation Therapist

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:**

**(Session A)**

May 9 – May 30

**(Session B)**

June 6 – June 27

**Start / End Time:**

10:30 AM – 11:45 AM

**Number of Sessions:**

4

**What will we do?**

Gratitude is an emotion expressing appreciation for what one has. Research and evidence suggest that the more a person finds a way to cultivate gratitude, the more positive impact on their overall well-being.

In this 4-week program, we will introduce students to concepts of gratitude, as well as opportunities to practice gratitude interventions with an outcome of cultivating happiness.

**What will you learn?**

- Awareness and knowledge of gratitude and the benefits it can have on your recovery and overall well-being
- How to recognize and appreciate more ways to cultivate gratitude
- Different tools and interventions to apply gratitude within your lives

## Exploring Our Relationship with Body Image and Food

**Facilitator(s):**

Leah Johnston  
Peer Support Specialist

Stacey  
Peer Tutor

**What will we do?**

This will be a supportive and judgement free group where we can come together and discuss challenging issues related to body image. We will learn about warning signs and symptoms of disordered eating and have conversations of how to support ourselves or loved ones through challenges.

**Course Type:**

Self-discovery and  
identifying strengths

**What you will learn?**

We will learn how to explore ideas around body neutrality, body positivity and healthy boundaries with ourselves and others. We will learn about tools we can lean on to support ourselves when we become emotionally dysregulated. We will talk about societal pressure and managing media to benefit our wellness goals. We will learn about resources available to the community. Together as a group we will explore how to offer ourselves self-compassion and self-kindness.

**Start / End Date:  
(Session A)**

May 2 – June 6

**Start / End Time:**

10:30 AM – 11:45 AM

**Number of Sessions:**

6

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## Tuesday Afternoons

### Budget Bites: Eating Well on a Budget

**Facilitator(s):**

Nicole Meens Miller  
Peer Support Specialist

Olyvia  
Peer Tutor

**Course Type:**

Learning and  
Understanding

**Start / End Date:**

(Session A)  
May 16 – June 20

**Start / End Time:**

1:00 PM - 2:15 PM

**Number of Sessions:**

6

**What will we do?**

Trying to find delicious and healthy meals that are affordable is especially challenging right now. In this course we will share some delicious and affordable recipes that are fun and easy to make. We will discuss menu planning, shopping on a budget, cooking techniques and recipes. We will also explore community resources that are available to us to support us with eating well.

**What you will learn?**

- How to menu plan and create shopping lists
- How to make 6 delicious recipes
- Shopping on a budget
- Community resources for food security

### DMHS Collaboration – Who Am I?

**Facilitator(s):**

Keith Wilen, Peer  
Support Specialist

Chandra Amodeo, Peer  
Support Specialist

Michelle Rhude, DMHS

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:**

**What will we do?**

Whether we are coming out of the fog of mental health, addiction or a major life change, "Who am I?" is a question we may find ourselves not knowing the answer to. We may have spent much of our lives working to please or satisfy the expectations of others or you may simply be ready for a change. This group will help you to explore; your values, your happiness, life satisfaction, your likes and your dislikes, to find the best possible answer to this elusive question.

**What will you learn?**

- Examining life events that can alter our sense of being

**(Session A)**

May 2 – June 6

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

6

- Exploring our values and how we live our lives to its truest form
- Identifying feelings and thoughts while regulating negative emotions
- Looking at how to make change
- Reflecting on our strengths and what we're good at
- What makes us happy

## DMHS Collaboration – Communication & Conflict

**Facilitator(s):**

Keith Wilen, Peer Support Specialist

Chandra Amodeo, Peer Support Specialist

Michelle Rhude, DMHS

**What will we do?**

This is a peer-led course for people living with panic and anxiety who want to share their experiences of what has worked for them, as well as to learn new tools from each other. We will talk about why anxiety and panic happen and how we can help ourselves live with the uncomfortable sensations they produce. We will also talk about building resiliency and lifestyle factors that can help or harm us when living with panic and anxiety.

**Course Type:**

Self-discovery and identifying strengths

**What will you learn?**

- We will speak generally about what happens in the body during anxiety and panic attacks, and why the unpleasant symptoms occur in order to decrease fear during an attack.
- We will also learn tools for dealing with anxiety in general
- We will teach each other new techniques by sharing what has worked for us

**Start / End Date:****(Session B)**

June 20 – July 25

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

6

## The Art of Craft

**Facilitator(s):**

Amanda O'Keefe  
Recreation Therapist

Brook Bastarache  
Peer Support Specialist

**Course Type:**

Leisure, health and  
wellness

**Start / End Date:  
(Session A)**

May 16 – June 20

**Start / End Time:**

3:00 PM – 4:15 PM

**Number of Sessions:**

6

**What we will do?**

Crafting has long been a favourite pastime of people of all ages. Many of us can often remember from a young age being taught different crafting techniques from family or within school. Within this five-week group we will further examine craft practices using both paper arts and textile practices. Each week we will focus on a different medium and learn how to use these techniques to create beautiful finished pieces.

**What will you learn?**

To demonstrate increased knowledge of a variety of crafting styles and techniques as demonstrated in weekly themed exercises.

- Participants will be able to learn how fine art can be created with crafting techniques.
  - Participants will have the opportunity to create conceptual work that they can share with the group.
  - Participants will be able to tap into their creative side recognizing that we all have the ability to be creators acknowledging the importance of the process of creating not just the finished product.
  - Participants will engage in positive social environment sharing with others.
-

## Tuesday Evening

### Expressive Arts

**Facilitator(s):**

Julie Murray  
Recreation Therapist

**Course Type:**

Skills Development

**Start / End Date:**

May 2 – June 27

**Start / End Time:**

5:15 PM – 6:30 PM

**Number of Sessions:**

9

**What will we do?**

We know that when we create something, we feel better! Each week we will create a piece that is based on a different theme and discover the connection to the person who made it. We will take a journey that invites us to consider each person's unique story. This is about sharing stories, finding your voice, making meaningful connections and discovering new tools for personal awareness and recovery. You do not need to be creative...just willing to participate! This group is spontaneously creative, judgment free and open to all!

**What will you learn?**

- Actively engaging in the process of creating art without fear or self-criticism,
- Making a personal connection between artistic experience and emotions,
- Expressing your personal story/recovery journey through art

## Wednesday Mornings

### The Art of Social Interaction

**Facilitator(s):**

Sue Hie, RPN

Heather Morhorn, RPN

**What will we do?**

For 6 weeks we will have healthy conversations to build up your communication skills and look at the benefits of social interactions, with our mental health.

**Course Type:**

Learning and Understanding

**What will you learn?** The importance of social interaction and how social interaction can provide a sense of belonging, promote positive relationships, improve your self-confidence and self-worth and better understanding of the world around you.

**Start / End Date:**

(Session A)

May 3 – June 7

**Start / End Time:**

9:00 AM - 10:15 AM

**Number of Sessions:**

6

### Understanding Burnout

**Facilitator(s):**

Sue Hie, RPN

Heather Morhorn, RPN

**What will we do?**

Are you feeling overwhelmed and burnt out? The prolonged stress of burnout can leave us feeling physically and mentally exhausted and drained. In this course we will look at identifying the signs and symptoms of burnout and how to utilize different coping strategies to get your wellness to a place where you want it to be. In this space we will have the opportunity to learn from each other and share strategies and experiences.

**Course Type:**

Learning and Understanding

**What will you learn?**

In this course we hope to learn to recognize when we are experiencing burnout and learn strategies to help us get through it.

**Start / End Date:**

(Session A)

June 14 – July 19

**Start / End Time:**

9:00 AM - 10:15 AM

**Number of Sessions:**

6

## Pay It Forward IP

**Facilitator(s):**

Amanda O'Keefe  
Recreation Therapist

Sarah Reid  
Peer Support Specialist

**Course Type:**

Learning and  
Understanding

**Start / End Date:  
(Session A)**

May 24 – June 21

**Start / End Time:**

10:30 AM – 11:45 AM

**Number of Sessions:**

5

**What will we do?**

There are a lot of positive benefits of performing random acts of kindness to someone in need, regardless if it is for a family member, friend or stranger.

Performing acts of kindness can help bring more meaning and joy into our lives; improving our well-being. The person who is the 'giver' may get more from it than the actual person who is receiving the act of kindness.

We will explore the benefits of performing acts of kindness, ways to perform acts of kindness but most importantly we will be engaging in a 'Pay it Forward Project', rather than just discussing ways to give back, participants will participate in small tasks and or activities which allow us to 'Pay it Forward'.

Come be a part of this exciting opportunity to engage in something meaningful. Experience first-hand the power of giving, seeing and understanding how it can play an important role within your recovery.

**What will you learn?**

- Help create meaningful roles within our lives
- Enhance self-esteem and self-worth
- Decrease isolation, providing an environment to meet new people and build friendships

## Finding Your Voice: Putting Pen to Paper

**Facilitator(s):**

Sue Hie, RPN

Clark Lord  
Peer Tutor

**Course Type:**

Learning and  
Understanding

**Start / End Date:  
(Session B)**

June 21 – July 26

**Start / End Time:**

10:30 AM - 11:45 AM

**Number of Sessions:**

6

**What will we do?**

Have you ever dreamed of writing about your life experiences? This course will help you to find your voice by learning how to put pen to paper and express yourself. We will explore various types of writing while we learn about the writing process ... from idea to publication.

**What will you learn?**

- Various types of writing (poetry, journal articles, memoir and more)
- The writing processes
- Strategies to get your writing published

## Wednesday Afternoons

### Conquering Loneliness

**Facilitator(s):**

Keith Wilen, Peer  
Support Specialist

Chandra Amodeo, Peer  
Support Specialist

**What will we do?**

This program will explore the difference between being alone and feeling lonely. It will encourage peer discussion about the challenges of feeling disconnected from others and brainstorm ways to decrease feelings of loneliness and increase meaningful connections in our lives.

**Course Type:**

Learning and  
Understanding

**What will you learn?**

The group will provide a supportive environment in which to practice new communication skills and foster the confidence needed to reach out to others.

**Start / End Date:  
(Session A)**

May 3 – June 7

**Start / End Time:**

1:00 PM - 2:15 PM

**Number of Sessions:**

6

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## Advocacy

### Facilitator(s):

Keith Wilen, Peer Support Specialist

Chandra Amodeo, Peer Support Specialist

### Course Type:

Skills Development

### Start / End Date: (Session B)

June 21 – July 26

### Start / End Time:

1:00 PM - 2:15 PM

### Number of Sessions:

6

### What will we do?

Do you want your voice to be heard on issues that are most important to you? Are you looking to defend and safeguard your rights? Do you want your views and wishes to be considered when decisions are being made about your life? Advocacy is important because you are important!

Despite society's progress in the way it supports people with challenges, there is still a lot of unfairness, exclusion and general misunderstanding within the community. If you are passionate about standing up for your beliefs or are looking to find your voice, then this is the group for you!

### What will you learn?

This course will teach you how to express your views and concerns effectively, access information and services, defend and promote your rights and explore choices and options. Each week will focus on one of the following themes:

- Advocacy and the Importance of Self-Care
- Advocating to Family and Friends
- Advocacy within a Health Care Setting
- Advocacy within the Workplace
- Advocacy within the Community

## Wellness Wednesday

### Facilitator(s):

Julie Murray  
Recreation Therapist

Amanda O'Keefe  
Recreation Therapist

### Course Type:

Skills Development

### Start / End Date:

May 3 – June 21

### What will we do?

Creating holistic wellness involves developing a self-care routine. Part of self-care is taking time to explore our interests to develop a well-rounded leisure lifestyle. In this six-week group we will explore activities that tap into our physical, social, spiritual, emotional, cognitive, and creative domains of well-being. When we create balance within these domains we see the positive effects that it has on our day to day lives. Each week we will participate in fun activities that support our overall wellness.

**Start / End Time:**  
3:00 PM - 4:15 PM

**Number of Sessions:**  
8

#### What will you learn?

- Identifying activities within each domain that are enjoyable
- Learning new ways to improve their overall wellness through leisure
- Promoting increased self-care through relaxation and healthy leisure experiences

## Good Mourning B

**Facilitator(s):**  
Nicole Meens Miller  
Peer Support Specialist

Laurene  
Peer Tutor

**Course Type:**  
Skills Development

**Start / End Date:**  
May 4 – June 8

**Start / End Time:**  
3:00 PM - 4:15 PM

**Number of Sessions:**  
6

#### What will we do?

Travelling to various points in space and time we will observe ways (traditions, tributes, etc.) in which individuals grieve and mourn the loss of loved ones, both personally and collectively.

#### What will we learn?

- death is a universal experience
- grief, while often steeped in traditional mourning practices, can be a deeply personal journey of self-discovery
- ways to create space and time to honour the passing of a loved one
- ways to honour yourself and your emotions during challenging times

## Wednesday Evening

### Find Some Fun: Leisure Education

**Facilitator(s):**

Julie Murray  
Recreation Therapist

**Course Type:**

Leisure, Health and  
Wellness

**Start / End Date:  
(Session A)**

May 3 – June 21

**Start / End Time:**

5:15 PM – 6:30 PM

**Number of Sessions:**

8

**What will we do?**

During this 8- week session we will break down what recreation, leisure and free time are. We will also discuss more importantly, how it relates to us and how we use our time. We will look at identifying barriers and moving past those barriers, accessing community resources, exploring new leisure activities plus factors that we may need to consider such as moving or our physical health. Each week will tackle a different topic as it relates to improving our quality of life through leisure.

**What will you learn?**

- Understanding how free time choices contributes to health, happiness, and personal transformation
- Giving a platform to explore and experience new activities or revisiting previous activities that were fulfilling

## Thursday Mornings

### Exploring Non-Attachment

**Facilitator(s):**

Sue Hie  
RPN

Heather Morhorn  
RPN

**Course Type:**

Learning and  
Understanding

**Start / End Date:**

**(Session A)**

May 4 – June 8

**(Session B)**

June 15 – July 20

**Start / End Time:**

9:00 AM - 10:15 AM

**Number of Sessions:**

6

**What will we do?**

The purpose of this program is to engage in both discussions with our peers and with the curriculum to learn and bring awareness to ourselves by looking at the impact of attachments to things, people, moods, and even our experiences and understand that as we cling to these ideas we also create more suffering. In this group we will be discussing some Buddhism practices and principles. We will also explore the Mindfulness practice of letting go.

**What will you learn?**

- We will explore Attachment theories
- What is Non-attachment
- Buddhist Principles of non-attachment
- Ways to practice Non-Attachment

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### My Story My Voice – DMHS Collaboration

**Facilitator(s):**

Sue Hie  
RPN

Lori  
Peer Tutor

**Course Type:**

Self-Discovery and  
Identifying Strengths

**What will we do?**

Sharing your experiences can be a meaningful way to change your story from one of illness to one of strength and wellness. In this course, you will learn how to use your own personal and unique lived experience to craft your own story. You will work towards feeling comfortable and confident with sharing your work in progress in front of a group of peers while accepting gentle feedback in order to make your story the best it can be.

**What will you learn?**

- Participate in a series of activities that will help you to get comfortable with the process

**Start / End Date:  
(Session A):**

May 4 – June 8

**(Session B)**

June 22 – July 27

- Mine your memory for experiences you would like to use in the story you choose to tell
- Have one on one feedback sessions with an instructor
- Have the opportunity to share your story in progress with your group of peers
- Tell your story during the final session of the course

**Start / End Time:**

10:30 AM - 11:45 AM

**Number of Sessions:**

6

## Progressive Low Impact Exercise

**Facilitator(s):**Julie Murray  
Recreation Therapist**What will we do?**

We will use the chair to sit in but also as a support while standing, so no wheeled chairs please. This program will combine discussion, demonstration and instruction to ensure that everyone gets more physically active while challenging their level of fitness. Each week we will complete a 50 to 60-minute exercise program. This program will combine yoga, muscle strengthening using light weights, balance work as well as core and cardio exercises.

**Course Type:**Leisure, Health and  
Wellness**Start / End Date:  
(Session A)**

May 4 – July 20

**What will you learn?**

- Learning new exercise options that do not involve going to the gym and that are safe to do
- Developing a new exercise routine that can be done at home with minimal equipment.
- Confidently become more physically active

**Start / End Time:**

10:30 AM - 11:45 AM

**Number of Sessions:**

12

## Thursday Afternoons

### Course Facilitation Skills Training

**Facilitator(s):**

Keith Wilen, Peer Support Specialist

Chandra Amodeo  
Peer Support Specialist

**Course Type:**

Skills Development

**Start / End Date:**

May 4 – June 8

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

6

**What will we do?**

This course will teach participants the skills they need to successfully develop and implement workshops in the supportive and non-judgmental environment of our Recovery College. We will explore a variety of topics including adult learning principles, lesson planning, classroom management and group dynamics, as well as public speaking and presentation skills. Completion of this course is a prerequisite for facilitating a course within the Recovery College.

**What will you learn?**

Class participants will have an opportunity to:

- Gain presentation skills
- Increase social confidence
- Learn how to engage a group of individuals so that everyone participates
- Learn how to prepare lesson plans and deliver them with success
- Practice active listening skills
- Develop leadership skills

### Let's Talk About Art

**Facilitator(s):**

Leah Johnston, Peer Support Specialist

Kati  
Peer Tutor

**Course Type:**

Skills Development

**Start / End Date:**

May 11 – June 22

**Start / End Time:**

1:00 PM – 2:15 PM

**What will we do?**

If you are a creative mind that likes art as an outlet for self-expression and you are interested in how our identities are conveyed through art, then this is the course for you!

Within this course we will come together to talk about art. We will share with each other how we tell our stories through art, learn about artists throughout history that create work about the identity, and learn new ways to communicate through art.

**What will you Learn?**

- Learn how others share their stories
- Learn about different artistic techniques/outlets
- Learn how identities are expressed via artistic expression
- Practice active listening skills
- Develop leadership skills

**Number of Sessions:**

6

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**Pursuing Dreams and Aspirations****Facilitator(s):**Keith Wilen, Peer  
Support SpecialistChandra Amodeo, Peer  
Support Specialist**What will we do?**

Students will take part in a workshop series. Facilitators will teach students the skills needed to achieve goals, dreams, and aspirations using audio/visual aids, group activities, and group discussions.

**What will you learn?**

In a supportive environment, students will learn how to take next steps towards reaching their goals while utilizing specific, measurable, attainable, realistic, and timely approaches.

**Course Type:**

Skills Development

**Start / End Date:****(Session A)**

June 22 - July 27

**Start / End Time:**

1:00 PM - 2:15 PM

**Number of Sessions:**

6

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**Good Mourning A****Facilitator(s):**Nicole Meens Miller  
Peer Support SpecialistLaurene  
Peer Tutor**What will we do?**

Travelling to various points in space and time we will observe ways (traditions, tributes, etc.) in which individuals grieve and mourn the loss of loved ones, both personally and collectively.

**What will we learn?**

- death is a universal experience
- grief, while often steeped in traditional mourning practices, can be a deeply personal journey of self-discovery
- ways to create space and time to honour the passing of a loved one

ways to honour yourself and your emotions during challenging times

**Course Type:**

Skills Development

**Start / End Date:**

May 18 – June 22

**Start / End Time:**

3:00 PM - 4:15 PM

**Number of Sessions:**

6

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**Discovering Watercolour Painting A & B****Facilitator(s):**

Amanda O'Keefe  
Recreation Therapist

Ashley  
Peer Tutor

**Course Type:**

Leisure, Health and  
Wellness

**Start / End Date:****(Session A)**

May 4 – June 8

**(Session B)**

June 22 – July 27

**Start / End Time:**

3:00 PM – 4:00 PM

**Number of Sessions:**

6

**What will we do?**

In this course you will learn something new each week about watercolours. We will be learning how basic of watercolours, how they interact with different materials such as salt, plastic wrap, wet on wet, dry on dry, how to use sharpie with them. Each week you will learn a new skill that you can take forward to work with through the week. The last two weeks we will bring all the skills together to paint a watercolour picture.

**What you will learn?**

- You will learn a variety of ways to use watercolours and how to express yourself with them
- This will be a judgement zone and is to have fun
- Building of creativity and self-esteem through being creative
- How different kinds of materials work with watercolours such as pastels or crayons, salt, plastic wrap

Please note that supplies for this are not provided and must be provided by the person signing up. A supply list will be sent out.

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## Thursday Evening V

### Pay It Forward

**Facilitator(s):**

Amanda O'Keefe  
Recreation Therapist

**Course Type:**

Skills Development

**Date:****(Session A)**

May 25 – June 22

**Start / End Time:**

5:15 PM – 6:30 PM

**Number of Sessions:**

5

**What will we do?**

There are a lot of positive benefits of performing random acts of kindness to someone in need, regardless if it is for a family member, friend or stranger.

Performing acts of kindness can help bring more meaning and joy into our lives; improving our well-being. The person who is the 'giver' may get more from it than the actual person who is receiving the act of kindness.

We will explore the benefits of performing acts of kindness, ways to perform acts of kindness but most importantly we will be engaging in a 'Pay it Forward Project', rather than just discussing ways to give back, participants will participate in small tasks and or activities which allow us to 'Pay it Forward'.

Come be a part of this exciting opportunity to engage in something meaningful. Experience first-hand the power of giving, seeing and understanding how it can play an important role within your recovery.

**What will you learn?**

- Help create meaningful roles within our lives
- Enhance self-esteem and self-worth
- Decrease isolation, providing an environment to meet new people and build friendships

## Friday Mornings

### Exploring Core Beliefs

**Facilitator(s):**

Sue Hie  
RPN

Heather Morhorn  
RPN

**Course Type:**

Skills Development

**Date:**

**(Session A)**

May 5 – June 9

**Start / End Time:**

9:00 AM – 10:15 AM

**Number of Sessions:**

6

**What will we do?**

Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Through structured curriculum, activities and discussion we will explore our core beliefs and find ways to leverage them while maintaining our recovery wellness.

**What will we learn?**

- To explore our Core beliefs
- To understand where our core beliefs come from
- How our core beliefs impact us on a day to day basis
- How to leverage our core beliefs in perusing, maintaining our recovering wellness

### Understanding Anger

**Facilitator(s):**

Sue Hie  
RPN

Heather Morhorn  
RPN

**Course Type:**

Skills Development

**Date:**

**(Session B)**

June 16 – July 21

**Start / End Time:**

9:00 AM – 10:15 AM

**What will we do?**

In this course we will explore the emotion of anger and how it impacts us within our relationships both others, and ourselves, along with the impact physically on our body. The course is filled with practical wisdom along with techniques that will assist individuals to explore the emotion of anger but more importantly what are the emotions that lie underneath the anger.

**What will you learn?**

- What is anger
- Emotions that lie underneath the anger
- Tools that help support and manage our emotions
- Looking at the aggression cycle

**Number of Sessions:**

6

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## Women's Group

**Facilitator(s):**

Leah Johnston  
Peer Support Specialist

Colleen  
Peer Tutor

**Course Type:**

Self-Discovery and  
Identifying Strengths

**Date:****(Session A)**

June 16 – July 21

**Start / End Time:**

**10:30 AM – 11:45 AM**

**Number of Sessions:**

6

**What will we do:**

Be part of a group of women empowering each other in our recovery journeys! In Women's Group, we will engage with educational materials about the personal recovery philosophy and discuss how it applies uniquely to our experiences as women. Through these discussions, we will collectively decide on learning objectives related to the factors that influence personal recovery: connection, hope, identity, meaning, and empowerment. Through our discussions, we will foster a sense of community and make meaningful connections. We will facilitate a safe space for women to feel validated and empowered.

**What will we learn:**

- About the personal recovery philosophy and how we can apply it to our lives as women
  - To share and promote positive coping tools with one another
  - To build positive self-image
  - About societal pressures and expectations put on women and how to manage them
  - About healthy boundaries to foster healthy, positive relationships
-

## Friday Afternoons

### Coping with Depression

**Facilitator(s):**

Keith Wilen

Peer Support Specialist

Chandra Amodeo

Peer Support Specialist

**Course Type:**

Self-discovery and identifying strengths

**Start / End Date:**

(Session B)

May 5 – June 9

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

6

**What will we do?**

We've all been sad or had moments of a low mood at times in our lives, but what happens when we can't pull ourselves out of these prolonged funks?

In this group we will increase our understanding and knowledge about depression and gain skills to help recognize and manage symptoms that can frequently occur.

Collectively we'll identify and implement healthy coping mechanisms and explore a variety of treatments that help manage day-to-day symptoms.

**What will we learn?**

- Identify signs and symptoms of depression
  - The importance of a support system and developing a crisis plan
  - Exploring a variety of different treatment options and coping strategies
  - Examining personal triggers and enforcing boundaries
  - Discuss our experiences with stigma and how to normalize depression through effective conversations
-

## Yoga Flow

**Facilitator(s):**

Julie Murray  
Recreation Therapist

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:  
(Session A)**

May 5 – July 28

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

12

**What will we do?**

We know that yoga can be a great workout but it is more than that. It connects us with our body by practicing breathing techniques, working on our posture as well as strength, flexibility, balance and stamina. Yoga may also assist us with focusing, concentration and quieting our minds. The type of yoga that this is based on is Hatha yoga. It focuses on strengthening the body and involves physical postures (asanas) and breathing techniques (pranayama).

**What will we learn?**

- Becoming more aware of the mind and body connection in relation to stress and ways to release it
- Maintaining and/or increase personal balance, flexibility and strength through continuous participation in this session
- Building confidence to continue to practice after the session has ended for continued benefits

## Open Peer Discussion

**Facilitator(s):**

Keith Wilen  
Peer Support Specialist

Chandra Amodeo  
Peer Support Specialist

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:  
(Session B)**

June 23 – July 28

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

6

**What will we do?**

During this unprecedented time, it is important now, more than ever, to maintain connections with like-minds, those that are a part of our peer support system. The purpose of this open discussion workshop is to touch base virtually and learn from one another by sharing how we're managing during this difficult time.

**What will we learn?**

In this group we will learn to support one another in our recoveries in a safe and confidential environment, and discuss how connection plays a vital role in our mental health.

## Events and Workshops

The following courses are part of our Events and Workshop Series:

(Events and Workshops do not count toward your 4-course limit)

### Exploring Employment as Part of Your Recovery

**Facilitator(s):**

Michelle Lashta  
Vocational Counselor

**What will we do?**

- Self-exploration activities
- Exploring readiness and your own personal needs
- Transition planning
- Learning about ways in which Vocational Services can help to support with your employment goals

**Course Type:**

Vocational

**Date:**

May 10

**What will we learn?**

- Overview of Vocational Rehabilitation Services at Ontario Shores and how to get referred
- The benefits of work as part of your recovery
- Exploring your own personal readiness to engage in job preparation
- Beginning the process of skills identification

**Start / End Time:**

1:00 PM – 2:15 PM

**Number of Sessions:**

1

### Getting to Know Your Library

**Facilitator(s):**

Oshawa Public Libraries

**Date: June 7, 2023**

Whitby Public Library

**Date: May 17, 2023**

**What will we do?**

Want to learn about your local library? We will have a librarian from the Oshawa Public Libraries share with us their resources and how to access them. We will learn all about how your local library can help you on your journey.

**Course Type:**

Learning and  
Understanding

**What will you learn?**

- How to obtain a library card
- Resources and programming available at the library
- How to access resources from home using your library card

**Start / End Time:**

1:00 PM – 2:15 pm

**Number of Sessions:**

1

## We Care Well: Recovery Workshop Series for Family Caregivers

**Facilitator(s):**

Chandra Amodeo  
Peer Support Specialist

Elaine Miller  
Patient and Family  
Relations Leader

Tyler Redublo  
Family Caregiver

**What will we do?**

In this series of 4 workshops, we will take a deeper dive into the Recovery journey of family caregivers. Building on recovery-oriented principles we explored in the first workshop series, these interactive workshops will provide family caregivers a safe environment to practice different communication strategies and compassionate caregiving. Family caregivers will also work with Bioethicists to become familiar with the Mental Health Act. There will also an opportunity to immerse in creative activities to find our voice as family caregivers.

**Course Type:**

Self-discovery and  
identifying strengths

**Start / End Date:**

May 4, 11, 18, 25

**Start / End Time:**

1:00 PM – 2:15 PM

**What will we learn?**

- Practice the application of non-violent communication model
- Practice self-compassion in the role as caregivers
- Demystify the Mental Health Act and discuss how to advocate for yourself and your loved ones
- Explore Photovoice and Storytelling as channels of sharing our recovery journey as caregivers

**Number of Sessions:**

4

## Cultivating Happiness and Joy

**Facilitator(s):**

Sue Hie  
RPN

Nicole Meens Miller  
Peer Support Specialist

**What will we do?**

Mindfulness is a tool that you can put in your tool belt to help you manage difficult situations and bring you back to the present moment. In this group, we will engage in both discussions with our peers and with the curriculum to learn about the 9 attitudes of mindfulness to help us set the stage for positive emotional experiences.



**Course Type:**

Learning and  
Understanding

**Start / End Date:**

**(Session A & B)**

June 6, 13, 20 & 27

**Start / End Time:**

11:00 AM – 12:00 PM

**Number of Sessions:**

4

**What will you learn?**

- The 9 attitudes of mindfulness from mindfulness expert, Jon Kabat-Zinn
- To stay in the present in order to foster a positive and comfortable emotional state

Please contact the library for details on registering for this event.  
<https://oshawalibrary.ca/>

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