

# CALENDAR | September-October 2017



INSPIRATION  
AT WORK

**Hours of Operation:** Monday, Friday, Saturday | 9:30am – 4:00pm  
Tuesday, Wednesday, Thursday | 9:30am – 7:00pm

**Thrive Resource Café:** Tues- Thurs 4:00pm -7:00pm, Saturdays 9:30am - 4:00pm

**Most Programs start September 14<sup>th</sup> & 15<sup>th</sup> or the week of Sept 18<sup>th</sup>  
unless otherwise specified**

**New Participants | Orientation and Intake**  
1st & 3rd Tuesday each month | Sept 5 | Sept 19 | Oct 3 | Oct 17 |  
1:00pm - 2:00pm

## Leisure Education

**New Positive Arts** | Creative arts programs have been proven to having significant positive impacts on mental health. In this constructive creative arts program you will be learning a variety of creative arts projects that are intended to support and foster healthy self esteem and thinking.

**Thursdays 1:00pm-3:00pm**

**New Digital Photography Project** | You will be guided to self-reflect and explore different themes through taking photos. Be a part of the Project EveryBody legacy project through this weekly themed photography venture. Cameras and smart devices are available if needed.

**Thursdays 4:30pm-6:30pm**

**Jewelry Making** | Join this fun jewelry making group to learn how and to make various pieces of jewelry. You will be using various jewelry making products everything from beads to hemp. **Thursdays 4:00pm-6:00pm**

**Creative Arts- Mosaics** | Join this themed art group to learn more about mosaics and to develop your art skills. You will complete a variety of mosaic type projects. **Fridays 1:30pm-3:30pm**

**Community Events and Outings** | Join this community exploration group to learn about and visit local Vancouver events along with a variety of community outings. Learn how to search, find and explore the widespread offered "free" events in Vancouver. **Saturdays 11:00am-3:00pm**

**New Community Kitchen** | Do you love cooking? Do you wish you could cook more? or had more opportunities to cook? If you answered "yes" then this is the program for you. Every Saturday the Community Kitchen group helps out with preparing our Saturday lunches. This is a great opportunity to socialize and do more of something you love. You will also learn the basics of cooking for larger groups. **Saturdays 11:00am-1:30pm**

**Thrive | 300-30 East 6th Avenue, Vancouver, BC, V5T 1J4 | [www.opendoorgroup.org](http://www.opendoorgroup.org) | [thrive@opendoorgroup.org](mailto:thrive@opendoorgroup.org) | 604 876 0773**

## Program Sign up dates and times

*These are for existing clients to register for programs*

Tues Aug 29<sup>th</sup> 2pm  
Wed Aug 30<sup>th</sup> 1pm  
Thurs Aug 31<sup>st</sup> 1pm  
Tues Sept 5<sup>th</sup> 2pm  
Wed Sept 6<sup>th</sup> 1pm  
Thurs Sept 7<sup>th</sup> 1pm



**\*\*\* Please Note we are closed on Sept 2, 4, 9, 12, 13, Oct 7 & 9**

## Personal Development

**Motivation** | This program is focused on helping participants develop skills around what motivates them and what helps them move forward to reach their goals.

**Fridays 1:00pm-3:00pm**

**Self Discovery (Personality Dimensions)** | This is a self-discovery program, in which participants will gain a deeper understanding of themselves and others in a positive, interactive, fun way. Through understanding the personality styles of ourselves and others. It will help participants to improve communication, teamwork, conflict resolution and self-esteem. Learn your "colours" **Wednesdays 1:00pm-3:00pm**

## Healthy Living

**Community Gardening** | Learn about the basics of starting a vegetable garden. In this class you will be creating and learning about various indoor/outdoor gardening practices. You will also design and maintain our community garden and garden plots.

**Thursdays 12:30pm-2:30pm (ends September 28<sup>th</sup>)**

**Intermediate Cooking** | This cooking program is designed to teach participants how to make nutritious healthy meals. Participants will learn step by step basics around cooking, following a recipe and nutrition. This is an intermediate class, so you must have some cooking experience to join. **Wednesdays 12:30pm-2:30pm**

**Nutrition 101: Healthy Eating/Healthy Chef** | Learn about different ways nutrition affects your health and lifestyle through workshops and cooking focused on healthy eating, menu planning, sugars, fats carbs etc. **Tuesdays 4:30pm-6:00pm**

**Cooking with Vegetables** | This cooking program is designed to teach participants how to make nutritious healthy affordable meals without meat. Meat is typically very expensive and when on a **tight budget** it isn't always an option. This class teaches participants how to make delicious meals without using meat!

**Thursdays 1:00pm-3:00pm**

**Stress Management** | Learn about the best ways to overcome stress in this experiential workshop that combines discussions with managing stress and techniques. **Tuesdays 4:30pm-6:30pm**

## Physical Health

**Active Living** | Before the summer weather ends it is time to get outside this Fall and get active. This program is a combination of various physical activities such as; local hikes, kayaking, rock climbing, badminton etc. Learn about free/ low cost local resources and get active. **Wednesdays 12:30pm-4:30pm**

**Community Biking** | Learn how to ride a bike in this intermediate biking program with a refresher of streetwise cycling techniques, rules of the road and basic bike maintenance. If you do not own a bike, bikes will be provided. Participants that successfully complete this program will qualify for a FREE refurbished bike.

**Mondays 11:30am-1:30pm**

**Walk training (Santa Shuffle 5K walk training)** | This goal-oriented program trains you to walk 5 kilometers. Participants will learn step by step how to effectively train for a 5K walk. Participants will train for 12 weeks and then have the opportunity to complete the Santa Shuffle 5K Walk on December 2<sup>nd</sup> 2017.

**Thursdays 12:30pm-2:30pm starting October 5<sup>th</sup> 2017**

**New!! Free**

**LUNCH on Saturdays**

Join us for free lunch on Saturdays prepared by our Community Kitchen group

**When:** Saturdays

**Where:** ODG thrive lounge

**Time:** 12:30PM-1:00PM

**All active THRIVE members are welcome!!**

**Karma Yoga** | Join this beginner yoga group to learn and practice various yoga techniques. The group will attend the Vancouver Karma Yoga studio for free yoga classes in the community. **Tuesdays 12:00pm-2:00pm**

**Gym Orientation** | Learn how to exercise safely at the community centre gym. A weight-training routine is developed by a personal trainer. *New addition to this program is an outing and introduction to the "Healthiest Winner program" details to follow in group.* **Tuesdays 12:30pm-2:30pm**

## Connections

**Shyness and Social Anxiety** | In this discussion-based program participants will learn coping skills and strategies to communicate more effectively with others. Participants will also learn about strategies when dealing with shyness and social anxiety. **Tuesdays 12:30pm-2:30pm**

**Assertiveness** | In this more advanced social skill program, participants will learn the foundations of asserting themselves and coping with difficult situations. **Tuesdays 2:30pm-4:30pm**

## Education & Essential Skills

**Computer Coaching** | Want to expand your computer knowledge? Have specific questions and needs when it comes to computers? Then our computer coaching is for you. Sign up for coaching sessions with our facilitator to get hands on support and guidance around computers and your needs.

**Customized Computers** | A customized computer class where students can learn basic computer skills. A learning plan is developed based on individual needs. **Fridays 2:00pm-4:00pm**

**SMART Devices Workshops** | This introductory course teaches you how to use "smart" devices. The group will be learning and practicing on provided Samsung tablets. The instructor will be available for questions you may have about your own personal device. **Tuesdays 12:30pm-2:30pm**

Book a time slot during these times:  
**Tues, Thurs 4:00pm-7:00pm**  
**Wednesday 5:00pm-7:00pm**  
**Fridays 9:30am-12:00pm**  
**Saturdays 1:00pm-4:00pm**



## Employment Readiness PEBemployment ONE day Workshops

**Resume Help** | Do you have a resume that could be even better? Does it need more "wow" or polish, or even just to look better? Come get help with your phrases and formatting, and present your attributes with pizzazz. **Friday Sept 22<sup>nd</sup> 12:30pm-4:30pm**



**Job Fair Preparation** | What can you do to make the most of job fair opportunities? Can you spot hidden opportunities and resources that your competitors don't see? How do you make sure that the impression you leave is a good and lasting one? Learn all of this and more in our Job Fair Preparation class. **Monday Sept 18<sup>th</sup> 1:00pm-3:00pm**

**Interview Skills** | Many people worry about what questions they will be asked in an interview, but it is nearly impossible to know for sure. But when you know how to handle the **types** of questions, you can respond effectively to anything they ask. In addition to the most commonly asked questions, we will also go over the "toughest" questions, and you may find that they aren't so tough at all. We will also learn what questions are inappropriate, and how to respond to them. Participants will have opportunities to practice and receive coaching in a safe and supportive environment. From preparation, to interview, to follow-up, you will be ready to take on all the main types of interviews.

**Wednesday Sept 20<sup>th</sup> 12:30pm -6:30pm**

## More thrive employment readiness programs

**Personal Growth (Employment Readiness)** | Are you interested in returning to work one day? This class explores strategies to overcoming fears or barriers regarding returning to work. Participants will learn how to develop their own personal portfolio and create their ideal career path. **Wednesdays 3:30pm-5:30pm**



**Implicit Career Search (Career Self Discovery)** | Discovering, Defining and Developing you and your career goals. ICS helps participants discover their passion and work purpose. This self-discovery program, helps participants gain a deeper understanding of themselves. This program runs 2 x a week for 2 weeks **Thursdays and Fridays 12:30pm-4:30pm starting Sept 6<sup>th</sup> until Sept 15<sup>th</sup>** (Please note: ICS workshops are located at the VCC campus)

**ODG Gives Back (Volunteer Beginnings)** | Learn about local volunteering opportunities and participate in a variety of volunteer projects. This program focuses on giving back to others in the community. **Thursdays 2:00pm- 4:00pm**



**WorldHost Certification** | Join this 4 day workshop to get your WorldHost certification. WorldHost certification provides you with the skills and confidence required to excel at customer service. **Fridays 1-3pm starting Sept 1<sup>st</sup> until Sept 29<sup>th</sup>**

## YOUTH & YOUNG ADULT Calendar\*\*

**THRIVE's youth and young adult program focuses on helping youth and young adults develop interpersonal skills, self-esteem and skills in independent living. Our programs help members develop the confidence and skills to get connected to their community.**

**Go Social** | In this youth discussion-based program participants will learn coping skills and strategies to communicate more effectively with others. Participants will also learn about basics of communication paired with community excursions. **Wednesdays 3:30pm-5:30pm**

**Go Get Active** | Interested in adventure and active fun while developing communication, team-building? Join us for this new fitness series of outdoor /indoor adventure activities that can include: hiking, biking, indoor rock climbing, gym workouts, kayaking and much more. **Thursdays 2:30pm\*-5:30pm** (\*start time is dependent on activity that day)

## OLDER ADULT Calendar\*\*

**Our older adult programs give members 65+ the opportunity to live a healthy and meaningful lifestyle.**

**Golden Years Fitness** | Structured around safe fitness routines that increase or maintain range of motion, cardiovascular health, and muscle strength. Can be done seated. **Fridays 10:30am-12:00pm**

**\*\*Please Note: Older Adults and Youth are also welcome to take any of our all age's programs as well.**

## Thrive Resource Café

In the thrive cafe clients can come in and practice the skills they gained in other programs while socializing in a safe setting. Drop in computers are available at this time.

### Thrive Café benefits

- Free Coffee All day Saturdays
- 1:1 computer support

### Monthly Café Special Events

**Sept 23<sup>rd</sup> Fall Chili and corn bread event** | Food served from **11:30am-12:30pm**

**Oct 28<sup>th</sup> Halloween Special event** | Dress up for our annual Halloween event. Included are games, prize, pumpkin carving and so much more. Food served from **11:30am-12:30pm**

