



# Program Calendar

## January-February, 2026

\*Most program activities will start during the week of January 5th to January 9th, 2026.

Please refer to the program activities for more details!

# Thrive Location



## Thrive address:

300-1338 West Broadway (3rd floor)  
Vancouver, BC V6H 1H2  
Phone: 604-876-0773  
Email: [thrive.registration@opendoorgroup.org](mailto:thrive.registration@opendoorgroup.org)

## Hours of Operation:

Monday & Friday | 9:00am – 4:30pm  
Tuesday, Wednesday & Thursday | 9:00am – 6:00pm

## Convenient Parking Solutions:

- Free Parking: Available on Birch St., Alder St., 7th Ave, 10th Ave, and Hemlock St.
- Nearby Parkades: Rates range from \$7.50 to \$13.
- Metered Parking: Located on 8th Ave and Birch Str.
- Handicap Parking: Vehicles displaying a SPARC sign may park in designated residential areas for up to 3 hours.

## Table of Contents

Thrive Location- Page 1

Special Events- Page 2

Leisure- Page 3

Mental Health Management - Page 5

Physical Health & Wellness - Page 6

Social Skills - Page 7

Community Connections - Page 8

Youth & Young Adults (Aged 17-26) - Page 8

Drop in Sections; Program Registration - Page 9

# Special Events

**Feb 19th**  
2:00pm

## Feeling supported

Research suggests that increasing momentary feelings of comfort by thinking about supportive relationships can make us more trusting, compassionate, and helpful toward others in general.



**Feb 26th**  
2:00pm

## talking with your doctor

In this 1.5-hour workshop, we learn how to communicate more effectively with our doctor(s) and other health care professionals. Using the PACE framework, we explore common challenges with doctor-patient interactions and learn techniques on how to improve them.



**Feb 10th**  
3:00pm

## VANCOUVER ART GAILERY OUTING

Vancouver Art Gallery is a great place to visit, learn about various artists and art eras. Join us for this outing by RSVP. This event has limited spots available.



**Most Programs start the week of Jan 5th - 9th  
Unless otherwise specified.**

New participants welcome! We are accepting new intakes during this time. Our intake form is available on our [Open Door Group THRIVE Website](#).

# Leisure

## Drawing 101 - 7 sessions

**Tuesdays 4:00pm – 5:30pm (Thrive Office)**

Have you always wanted to learn to draw but felt like you don't have enough talent? In this beginner drawing & sketching class you will explore the artistry behind how to draw various realistic still objects while paying attention to outlines and shading. This program is for anyone who wants to learn how to draw.



## Empowering Arts 8 Sessions

**Wednesdays 3:00pm-4:30pm (Thrive Office)**

Unlock your creativity and boost your self-confidence through the power of art. This inspiring workshop invites you to express yourself through drawing and creative activities designed to build self-esteem, foster personal growth, and celebrate your unique voice. No experience needed—just your imagination and a willingness to explore.



## NEW Dungeons and Dragons 8 Sessions

**Fridays 1:00pm-2:30pm (Thrive Office)**

Curious about Dungeons & Dragons? This beginner-friendly session walks you through how the game works, from creating a character to rolling dice and shaping an adventure through teamwork and imagination. Learn the basics, ask questions, and jump into a fun, story-driven experience—no experience required, just a willingness to explore and play.



## Ukulele Alumni

**Mondays 12:30pm-2:00pm (Thrive Office)**

Have you participated in our Ukulele for Beginners workshop in the past and want to continue playing with fellow peers. Then this group is for you. This is a peer led group.

## Winter Crochet 7 Sessions

**Tuesdays 1:00pm-2:30pm  
(Thrive Office)**

Are you looking for a new way to express your creativity? Why not try crocheting—a fun activity. The art of crocheting is a lifelong skill that you will be able to use to make beautiful gifts and items for your home or wardrobe.

# Leisure (cont.)

## Watercolour and Acrylic Painting 7 Sessions Wednesdays 1:00pm-2:30pm (Thrive Office)

Discover the joy of painting in our Watercolour and Acrylic Painting Workshop! Whether you're a beginner or an experienced artist, this hands-on session offers the perfect opportunity to explore two vibrant and versatile mediums.



## PEER LED Art Meditation Workshop 4 Sessions Fridays 12:30pm-2:00pm (Thrive Office)

Create art with full presence and attention, focusing on the process rather than the outcome. This calming, meditative session helps participants slow down, reduce stress, and reconnect with their creativity in the present moment.



## PEER LED: When Words aren't Enough. Collage Journaling Workshop Tuesdays 11:00am- 12:30pm (Thrive Office) 4 sessions

Explore your inner world through images! Sometimes, words fail to express what's going on inside. In this workshop, you will use collage as a form of visual journaling—to explore your thoughts, feelings, and everyday experiences in a creative, nonverbal way. But don't worry, you'll get to talk about our process too!



## Collage & Mixed Media Projects 7 Sessions Mondays 11:00am – 12:30pm (Thrive Office)

This workshop offers a creative introduction to collage and mixed media techniques, showing you how to incorporate different materials and textures into your artwork.

## NEW Discover the Art of Origami 8 Sessions Mondays 2:30pm-4:00pm (Thrive Office)

Origami is the traditional Japanese art of paper folding—transforming a simple sheet into intricate shapes like animals, flowers, and more. But it's more than just craft—it's a calming, creative way to practice mindfulness and boost focus. No experience needed.

## Leisure (cont.)

## Trans and Queer Group - **7 sessions** Thursdays 3:00pm – 4:30pm (Community)

This inclusive program is designed for queer and trans people to experience mutual support, joy, and a celebration of our diverse identities. Come to this trans-led program where we'll socialize, learn about other community resources, discuss shared experiences, and get out in the community. Together we can cultivate a sense of belonging you can take with you outside of the Thrive program.



# Mental Health Management



## Worry and Rumination **7 Session** Wednesdays 1:00pm - 2:30pm (Thrive Office)

In this discussion-based program, participants will learn coping skills and strategies to 'Master Your Worries'. This workshop is designed to provide you with information about chronic worrying and generalized anxiety, and offers strategies designed to improve general health and wellbeing.

**VCH Peer Facilitated:  
Your Recovery Journey 6 Sessions  
Thursdays 2:00pm - 4:00pm  
(Thrive Office)**

This program is founded on the belief that recovery is possible for individuals facing mental health and substance use challenges. It offers an opportunity to explore various facets of recovery, set personal goals, and learn tools for actively managing mental health and achieving long-term well-being.



## Motivation - 7 sessions

### Fridays 2:30pm - 4:00pm (Thrive Office)

Motivation can sometimes be hard everyone, especially when you're living with mental health challenges—this workshop meets you where you are. We'll explore small, supportive habits that build self-trust, routine, and wellbeing at your own pace.

# Mental Health Management cont.

## **Building Resilience 7 Sessions** **Fridays 11:00am-12:30pm (Thrive Office)**

Resilience means the ability to withstand difficult and challenging times. It is a personal journey, unique to everyone. We can learn to be more resilient by understanding how self-efficacy, sense of humor, our ability to adapt, attachment to others, and optimism are connected. We will discuss how to understand and think of change as a challenge and how to develop our ability to tolerate stress.



# Physical Health & Wellness



## **Gym and Wellness Kick Off - 7 sessions** **Tuesdays 10:30am-12:00pm** **(Mt. Pleasant Community Centre)**

Want to learn about exercising the gym and how to build a healthy wellness habit? This program will explore working out in the gym safely, and provide guidance on how to build a sustainable wellness routine. Learn, grow, and build confidence in your ability to move your body in ways that make you feel good.



## **Running Group (8 session)** **Thursdays 11:00am-12:30pm** **(Outdoors / Seawall)**

This Running Group is for everyone who wants to get running, enjoy the company of others and have fun. Running has great benefits for our physical and mental health. It helps decrease our stress levels and boost our mood. Accept a new challenge and join this fun group. Previous Running Group runners are welcome.

# Physical Health & Wellness (cont.)



## **Eat Well, Stay Well - All About Nutrition 7 Sessions**

**Thursdays 11:00am – 12:30pm  
(Thrive Office)**

Boost your health and well-being with the Eat Well, Stay Well Nutrition Program! This engaging program is designed to help you make informed food choices, create balanced meals, and develop sustainable habits for a healthier lifestyle.

## **Sun Run Walking Training Wednesdays 11:00am – 12:30pm (Seawall)**

Do you want to commit to walking on a regular basis, but need a little help in getting started? Walking is one of the most beneficial low impact exercises. This walking program will support you in creating a walking routine and get you prepared for walking the 10km Sun Run Walk in the spring.

## **Tai Chi for Wellbeing 8 Sessions Fridays 11:00am - 12:00pm (Community Centre TBD)**

Tai Chi is a gentle form of exercise that uses slow, flowing movements and focused breathing. In this beginner-friendly workshop, a recreation therapist will guide participants through simple Tai Chi movements to support relaxation, balance, and emotional well-being.

## **Weekly Hiking in Pacific Spirit Park 8 Sessions Mondays 11:00am – 1:00pm**

There are numerous health benefits to walking in nature, from reducing stress to boosting physical fitness and mental clarity. Join us for our weekly Hiking Sessions in Pacific Spirit Park, where you can enjoy the beauty of nature while improving your well-being. This relaxed, guided walk is perfect for all fitness levels.

# Social Skills

## Shyness and Anxiety **7 Sessions** Wednesdays 11:00am – 12:30pm (Thrive Office)

In this interactive workshop, you will learn practical strategies to manage shyness and social anxiety while building confidence and improving communication skills. Through discussion and shared experiences, you will gain tools to feel more comfortable in social situations.



# Community Connections

## Savvy Budgeting Thursdays 10:30am – 12:00pm (Online) **Feb 5<sup>th</sup> - Feb 26<sup>th</sup> 4 Sessions**

Managing your money can feel overwhelming, but with the right tools, it becomes much easier. We'll explore simple and practical ways to create a budget, manage your income, and plan for future expenses. This supportive session is designed to help you feel more confident and in control of your finances, no matter where you're starting from.



## Time Management **7 Sessions** Mondays 11:00am – 12:30pm (Thrive Office)

Are you finding it challenging to stay on top of your daily tasks? This interactive workshop is designed for those interested in learning different time management strategies, reducing stress, and achieving goals more effectively. Throughout this program, you'll explore how to identify and prioritize tasks to make the most of your day, learn goal-setting techniques, and discover other strategies to plan your time effectively.



# Youth & Young Adults (Aged 17-26)

## Avocado Collective Wednesdays 4:00pm-5:30pm (Thrive Office) (Ages 26-35)

Have you heard about Avocado Collective? It's a fresh program designed for those of us who are right on the edge between millennials and Gen Z. If you're navigating your mental health journey and feel like everyone else is sprinting ahead in their careers and relationships, this is the perfect group for you. Connect with others who understand exactly what you're feeling.

## Young Adult Social Tuesdays 3:00pm-4:30pm (Thrive Office/Outdoors)

Come have some fun and enjoy community outings while working on your interpersonal skills and social skills. Join this fun social program where you can meet with peers in encouraging group atmosphere, attend outings in the community and have candid conversation with others.

## Drop-in & Peer Programs

**No registration required for Thrive members. Just come and enjoy!**

## Social Games Thursdays 4:00pm – 5:30pm (Thrive Office)

Join us for an engaging social gathering where Thrive members come together to enjoy board games and a variety of other entertaining activities. Our inclusive group is open to everyone seeking interactive fun and a vibrant social atmosphere.



## Peer-Led Walking Groups Mondays/ Wednesdays/ Fridays (Various locations and times )

These peer-led walking groups are for anyone who is interested in building a regular walking habit. The groups are social and supporting and open to any Thrive members. **Please speak to your Recreation Therapist for more information and details.**



## How to Register for Programs:

- Choose a program based on your goals. **Maximum of 2 programs per term.**
- Respond to [thrive.registration@opendoorgroup.org](mailto:thrive.registration@opendoorgroup.org) and cc your Thrive Recreation Therapist. Schedule an appointment to discuss your goals and program registration.
- Once you are registered for a program, you will receive program reminder and additional information regarding the location of your program via email.



# STAY IN TOUCH!



[OpenDoorGroup.org](http://OpenDoorGroup.org)



[Thrive.Registration@OpenDoorGroup.org](mailto:Thrive.Registration@OpenDoorGroup.org)



604 876 0773



300- 1338 West Broadway, Vancouver, BC,  
V6H 1H2



This document has been designed to meet WCAG 2.0 standards and guidelines, albeit with some limitations. To provide suggestions on how we can enhance this report, please send your feedback to [Info@OpenDoorGroup.org](mailto:Info@OpenDoorGroup.org).