



PROGRAM CALENDAR

May-June, 2026

*Most program activities will start during the week of May 11th to May 15th, 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

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.

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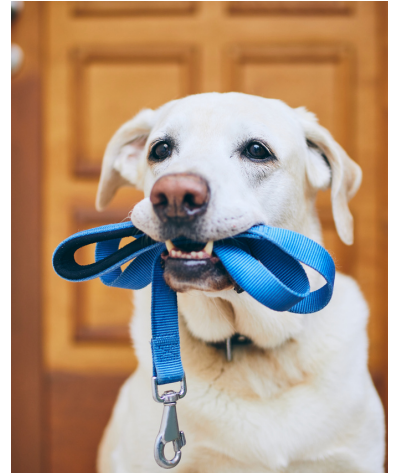
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Special Events

May 20
11:30am

PAWSITIVE GET TOGETHER

Join us for Pawsitive Get Together—a relaxing group walk with two friendly dogs - Cooper and Teddy. Enjoy fresh air, gentle movement, and the company of other Thrive members and dogs. (where: Trout Lake Community Centre)



June 22
12:00pm

THRIVE ANNUAL BBQ

The most favourite event of the year is back. Join us for another day of fun, great food and games. We will be meeting again at the John Hendry/ Trout Lake Picnic area for our Annual BBQ. **Please RSVP** by emailing: thrive.registration@opendoorgroup.org



June 24
12:00pm

FIFA GAME DAY & PIZZA

Join us to watch Canada vs. Switzerland FIFA match. We'll have pizza, drinks, and a welcoming space to enjoy the game together. RSVP by emailing to thrive.registration@opendoorgroup.org



**Most Programs start the week of May 11th – 15th
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

Discover the Art of Origami **Mondays 3:00pm-4:30pm (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. setting. No experience needed.



Paint by Numbers **Mondays 11:00am-12:30pm (Thrive Office)**

Discover the joy of painting without the need for prior experience. In this engaging session, participants will embark on a creative journey guided by numbered canvases and a palette of vibrant paints. Whether you're a seasoned artist looking for a relaxing activity or a beginner, this workshop offers a welcoming environment for all skill levels.



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

This workshop gives you an opportunity to share your lived experiences through photography and guided conversation. In this program you will be taking photos that reflect meaningful moments, challenges, strengths, and perspectives and engage in facilitated discussion. Selected photos might be used to create a collection.



Peer Led: Carrying Good Memories **Thursdays 1:30pm-3:00pm (Thrive Office)** **Starts May 21st - 4 Sessions**

Join this creative art program that uses sensory memories—such as smell, texture, and emotions—to help participants reconnect with positive life experiences. Through guided reflection, drawing, and fabric design, participants are invited to transform meaningful memories into a wearable or usable art piece, such as a T-shirt or tote bag.



Leisure (cont.)

Community Gardening **Mondays 11:00am-12:30pm** **(Elisabeth Rogers Community Garden)**

Learn about the basics of starting a vegetable and flower garden. In this class you will be creating and learning about various indoor/outdoor gardening practices. You will have the opportunity to design and maintain our patio and community garden plots.



Ukulele Alumni **Mondays 1:00pm – 2:30pm (Thrive Office)**

Have you participated in our ukulele for Beginners workshop in the past and would like to continue practicing with fellow peers. Then this group is for you. It is a peer led group that will bring you a lot of joy.



Trans and Queer Group **Tuesdays 3:00pm– 4:30pm** **(Thrive Office/Outdoors) (Starts June)**

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.



Collage & Mixed Media Art Projects **Tuesdays 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.



Mental Health Management

Building Resilience

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

"Resilience is the ability to navigate difficult times. It is a personal journey, unique to each of us. We can build resilience by understanding how self-efficacy, humour, adaptability, connection to others, and optimism work together. We will explore how to see change as a challenge and strengthen our ability to cope with stress, so we can emerge from adversity stronger.



Personality Dimensions

Mondays 2:30pm – 4:00pm (Thrive Office)

Personality Dimensions is about understanding yourself and others so you can be more effective in your relationships, your work, your life. Everyone is different, we come in all varieties and understanding our own values, strengths, joys and stressors and those of everyone we interact with provides a great foundation for communication.



Your Recovery Journey

Thursdays 2:00pm – 3:30pm (ONLINE)

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.



Physical Health & Wellness



Spring Salads **Fridays 11:00am-12:30pm (Thrive Office)**

Join this practical program where you learn how to create delicious and healthy salads using seasonal produce. Through learning about nutritional value of different salads, interactive demonstrations and hands on activities, you will feel engaged and inspired.



Eat Well, Stay Well: All About Nutrition **Fridays 2:00pm – 3:30pm (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.



Building Walking Habits **Wednesdays 11:00am – 12:30pm** **(Sea Wall/ False Creek)**

We all know that walking is so important, but it can be hard to find motivation to do it. Join our leisurely walking group to commit to your health, socialize and get into the habit of regular walking. We will be setting goals, doing check ins, and supporting one another.



Pickleball **Fridays 11:00am – 12:30pm** **(Queen Elizabeth Park Courts)** **Starts June 12th**

Learn how to play pickleball in this introductory program. Get connected with other players and learn to play this fun and popular sport. In this program, you will get set up with everything you need to continue playing on your own. All experience levels welcome.

Physical Health & Wellness (cont.)

Community Biking

Tuesdays 11:00am – 1:00pm (Outdoors)

Starts June 16th

Improve your bike riding skills in this 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. Enjoy exploring the community by bike.



Tai Chi for Wellbeing - Beginner

Fridays 11:00am – 12:00pm (Thrive Office)

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. This group is open to new and past group members.



Tai Chi for Wellbeing - Alumni

Fridays 12:30pm – 1:45pm (Thrive Office)

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. This group is open to past group members who already gained some Tai Chi experience.



Active and Strong ABC Fitness

Thursdays 10:15am – 11:15am

(Hillcrest Community Centre)

Join this fun community program led by an experience fitness coach. This program includes resistance training using body weight, various equipment and exercises that help improve flexibility and mobility.



Social Skills

Making Connections **Thursdays 3:30pm – 5:00pm** **(Thrive Office)**

Do you struggle to connect with others and feel that you need to improve your social skills? In this program you can learn about how to make conversations, read body language and meet new people and make friends with them. This program is full of practical ideas and fun activities.



Youth & Young Adults



Young Adult Social (Ages 17-26) **Tuesdays 3:00pm-4:30pm** **(Thrive Office/Outdoors) Starts June**

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.

Avocado Collective (Ages 27-35) **Wednesdays 3:30pm-5:00pm (Thrive Office)**

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.



Drop-in & Peer Programs

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

Social Games
Thursdays 3:30pm – 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 **[both thrive.registration@opendoorgroup.org](mailto:both_thrive.registration@opendoorgroup.org)** and **CC your 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!



www.opendoorgroup.org



thrive.registration@opendoorgroup.org



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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.