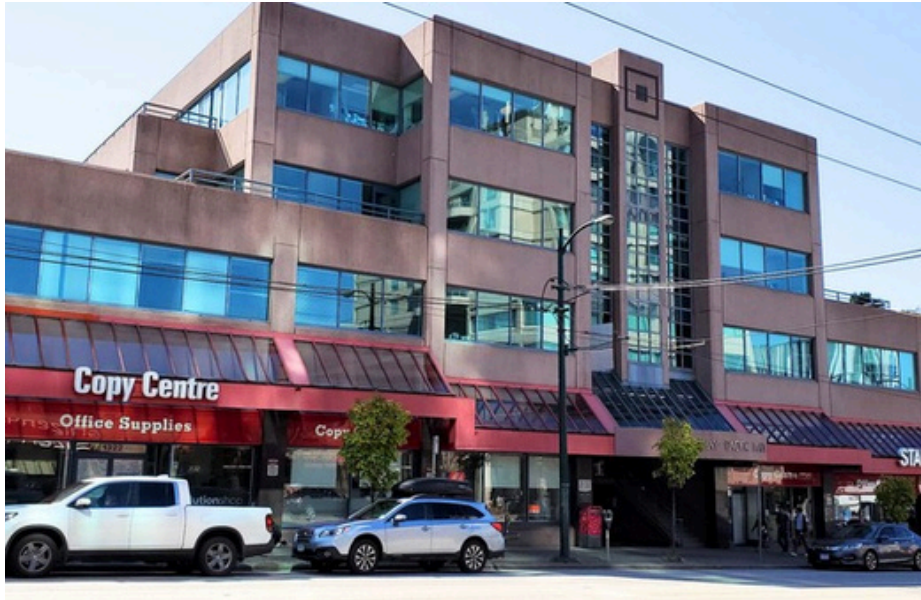


PROGRAM CALENDAR

September-October, 2025

*Most program activities will start during the week of Sept 8th to Sept 12th, 2025. 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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Special Events

We'd love for you to join our limited-space special events. Please ensure you've attended our programs within the last four months to participate in these events!

Sept 15
2:00pm

THRIVE END OF SUMMER PICNIC

We don't want the summer end, but since it must, we will send it off in style! Join us for our End of Summer Picnic to wrap up the season! This event is open to everyone who wants to enjoy social time, a delicious meal, and fun outdoor activities. Location: Hadden Park. Weather dependent



Oct 9
2:00pm

CHILLI FRIENDS GIVING

Thanksgiving is a time not only to appreciate the gifts of nature, but also to enjoy the warmth of friendship and community.

We invite you to join us for a heart-warming Friendsgiving event, where we'll gather together, share stories, and savor delicious, homemade chili. Come for the food, stay for the laughter.



**Sept 24/
Oct 22**
11:00am

PAWSITIVE GET TOGETHER

Do you enjoy spending time with dogs? If yes, join this social event and enjoy walk with four legged furry friends. Spending time with dogs has multiple mental health benefits. During this social event you will have the opportunity to go for a walk in company of one or two friendly dogs.



Most Programs start the week of September 8 - September 12. 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 102

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

This program is for those who have completed Drawing 101 or have drawing experience. In this intermediate course, you'll build on basic techniques like shading, perspective, and texture, while learning portrait drawing, one-point and two-point perspective, and more.



Creative Arts Workshop

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

Join this series of art workshops and enjoy learning about various art techniques. In this program you will explore acrylic painting, introduction to drawing, mosaics and more!



Fall Crochet

Fridays 11:00am-12:30pm (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. In this class you will learn basic stitches and build on with more advanced basic stitches. No experience necessary.



Ukulele Alumni

Mondays 1:00pm-2:30pm (Thrive Office) Starts on September 15th

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.



Leisure (cont.)

Jewelry Making

Mondays 11:00am-12:30pm

(Thrive Office) Starts on September 15th

Join this fun jewelry making group to learn how to make various pieces of jewelry. Experiment with a diverse selection of materials, including beads, gemstones, metals, and findings, to bring your artistic vision to life.



Peer Led - Poco a Poco: Thrive Glee Club **Fridays 12:30pm-2:00pm (Thrive Office)**

Have you always wanted to sing in a choir but weren't sure where to start? Join this peer-led group to learn the basics of melody, harmony, and singing technique in a relaxed and fun environment. Each week will include a selection of vocal warmups, fun activities, and beginner-friendly songs.



Fall Digital Photography

Fridays 2:00pm – 3:30pm (Thrive Office)

Fall is around the corner. It's time to get your camera ready to capture some beautiful pictures of those gorgeous colorful leaves. This course will not only teach you the basic photography techniques but also the tips to take artistic photos with your smart devices.



Trans and Queer Group

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.

Beginner Ukulele

Wednesdays 12:30am- 2:00pm
(Thrive Office)

Are you interested in learning the basic skills of playing Ukulele and enjoying music with peers? Participate in this beginner class and learn how to play simple tunes. Join this five week long program full of music and fun.

Mental Health Management



Motivation

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

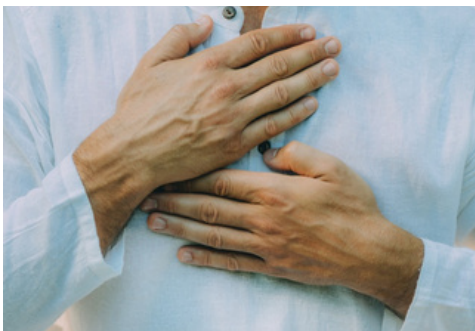
This workshop is a combination of learning about what motivates you and helps you move forward to reach your goals and strategies on how to maintain and plan your healthy daily routine and healthy habits.



Building Resilience

Thursdays 1:00pm-2:30pm (Thrive Office)

Resilience means ability to withstand difficult and challenging times. It is personal journey, unique to everyone. We can learn to be more resilient by learning how self-efficacy, sense of humour, 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 tolerating stress.



Emotional Wellness Workshop

Wednesdays: 1:00pm-2:30pm (Online)

Join us for this insightful workshop focused on enhancing your emotional well-being. Learn practical tools and techniques to handle life's challenges, reduce anxiety, and improve your overall mental health. Whether you're looking for ways to cope with daily stressors or seeking long-term emotional balance, this workshop will provide valuable strategies to help you thrive.

Social Skills

Making Connections

Mondays 11:00am - 12:30pm

(Thrive Office) Starts on September 15th

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.



Physical Health & Wellness (cont.)



Gym and Wellness Kick Off **Mondays 10:30am – 12:00pm (Mount Pleasant Community Center) Starts on September 15th**

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.



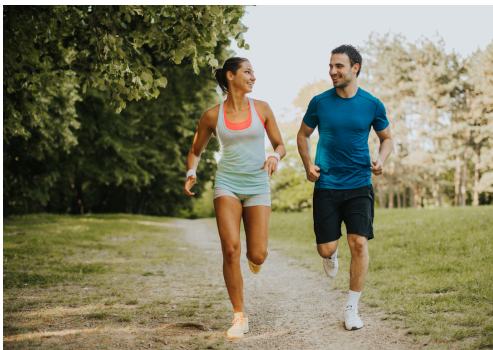
Walking Program - Big Elf Training **Wednesdays 11:00am– 12:30pm** **(Outdoor)**

This goal oriented program is training for the Big Elf 10km walk. This group is for anyone who would like to enjoy walking, social time with peers and training for a fun Christmas Event.



Active Living **Tuesdays 2:30pm – 4:30pm** **(Various community locations)**

With summer here, it's time to get outdoors! This program offers a variety of physical activities including local hikes, kayaking, rock climbing, badminton, and more. Discover free or low-cost local resources and get active!

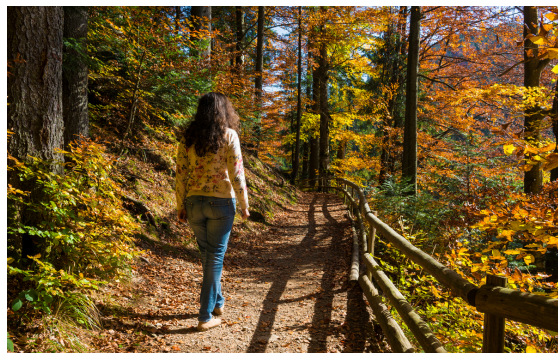


Beginner Running Group **Thursdays 11:00am – 12:30pm** **(Seawall)**

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.

Nature Walks in Pacific Spirit Park
Thursdays 2:30pm – 5:00pm
(Pacific Spirit Park)

There are numerous health benefits to walking in nature, from reducing stress to boosting physical fitness and mental clarity. Join us for our Weekly Walking Workshop 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 and offers a great opportunity to connect with others in a serene environment.



Meditation with John
Fridays 1:00pm – 2:00pm
(Online)

This online new workshop is facilitated by John Buchanan, an experienced yoga and meditation teacher. John has completed more than 1500 hours of study in yoga philosophy, Tibetan Heart Yoga, Buddhist philosophy, and meditation. He is passionate about helping others to discover the true nature of their minds through stillness, insight and compassion meditation.
<https://www.meditationwithjohn.com/>



Thrive Community Connections

Mental Health Disclosure
Thursdays 11:00am – 12:30pm
(Thrive Office) Starts September
18th (3 sessions)

This 3-session workshop will introduce you to disability disclosure in the workplace. You will also explore the stigma behind mental health in the workplace, and have opportunities to practice disclosure conversations to use in your employment search.

Financial Planning
Thursdays 11:00am – 12:30pm
(Thrive Office) Starts October 9th
(4 sessions)

Managing your money can feel overwhelming, but with the right tools, it becomes much easier. In our Savvy Budgeting Workshop, 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. Everyone is welcome, and no prior budgeting experience is needed!

Youth & Young Adults

YAS Young Adult Social (Ages 17-26) Tuesdays 3:00pm-4:30pm (Community)

Do you want to have some fun and enjoy community outings? 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.



Your Recovery Journey for Young Adults (Ages 27-35) Wednesdays 2:00pm-3:30pm (Thrive Office)

Your Recovery Journey 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.



Drop-in & Peer Programs

To register, connect with your Recreation Therapist.

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.**

Open Arts Social Fridays 3:00pm – 4:30pm (Thrive Office)

Do you have art projects at home but haven't been able to do them? Bring them in for this open arts time at Thrive, where you can work on your independent projects while socializing with others doing the same.

Social Games Thursdays 3:00pm – 5:00pm (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.



How to Register for Programs:

- Choose a program based on your goals. **Maximum of 2 programs per term.**
- Respond to 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



604 876 0773



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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.