

Before the Thrive program, I thought I was alone. I was more of an introvert prior to coming here. Kind of felt isolated before. During that time was like "oh my god, this is the end of the world" and there's no hope. I wasn't just sort of home centered, I was really home home bound. One of the biggest challenges that a lot of our clients seem to face is social isolation. You know, especially with mental health people tend to shut themselves in. Coming and working with a recreation therapist, or being part of a program like 'Thrive' offers somebody that opportunity to not only just build meaningful connections, but actually gain skills so that they can go create meaningful relationships with people in the community, and feel that they have that ability to do so. The programs and the interventions that we do, the one to one's, really help meet their specific needs because everything that we're doing is very client focused, it's very personalized. When I'm meeting an individual and getting to know them and like, what drives them, it's really what they want to do, and what they want to work on. We can give suggestions of

course - if that's something that we can,
or they're open to, but they're really
driving the boat, they're really driving
themselves forward which is empowering.

There's a program called community
kitchen - because I love to feed people, it
helped me get organized, it helped me a
little bit about kitchen stuff, and just
enjoying feeding people is so fulfilling.

Recreation and leisure is really
unassuming, right? It's something to do,
and it's something for fun, but what
people don't realize - is that within the
moment of doing a thing that's fun there
are a lot of really teachable moments.

Seeing how members of Thrive can have
different opportunities in order to
practice public speaking within a
familiar social setting, that's feeling a
little bit more safe within that
environment, and having that as a
practice setting for them to go out into
the community. While they're learning the
skills in all these different areas,

I think confidence is the biggest one that
I see that crosses all the domains. They
leave feeling that they have skills and
they have confidence to then be able to

go and connect into activities that are meaningful for them personally.

My favorite, was actually the dragonboating. Oh dragonboating for sure man that changed my life it really forces you to be social and yet have a great time while you're doing it and be active at the same time. Gave me a drive it gave me purpose, it's like a long-term goal basically. I started working out, started dieting, started just doing everything to fit dragonboating into my life. You often see a change from when somebody first comes in and they don't have much confidence in themselves, maybe it's been years since they've actually taken part in any activity, they don't even know what they enjoy due to their mental health journey that they've been on. It showed me a lot of things that I can do, like before I thought "I can't do anything" like I'm no good, but all the classes from Open Door would give me a purpose to come here, to accomplish something. It taught me how to - enjoy. It's amazing to see six months later, people going out and connecting, and being part of activities, being part of groups that are running and feeling like

they don't actually need the support of
thrive anymore.

I started crochet here and I end up
helping teaching right now. (laughs) I never
thought I would do that when I started,
and I made some friends that're fellow
classmates, looking into starting a
crochet group. There are a lot of other
mindfulness activities but crochet is
special because you actually end up
with an object that you can use. The Thrive
program has bettered my life in almost
every aspect. I applied and successfully
got a job, I found a competitive team, I'm
much more motivated, I'm much more social.
I now have goals for the future, long
term, short term. Everything, it's falling
into place.

[Music]