

# CALENDAR | May-June 2018



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 the week of May 7<sup>th</sup> – 12<sup>th</sup>  
unless otherwise specified**

## **New Participants: Orientation & Intake**

1st & 3rd Tues each month | May 1 | May 15 | June 5 | June 19  
1:00pm – 2:00pm

## Leisure Education

**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. **Tuesdays 4:00pm-6:00pm**

**Acrylic Painting** | Do you want to learn to paint with Acrylics but don't know where to start? In this program you can explore acrylic painting techniques, and experiment with colours, abstract and non-abstract painting. **Tuesdays 1:00pm-3:00pm**

**Digital Photography / Smart Device Photography** | This program teaches you how to take artistic photos with a digital camera and YOUR PHONE. Participants will learn how to take a variety of great photos. Cameras and smart devices are available. **Thursdays 4:30pm-6:30pm**

**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 10:30am-1:30pm**

**Creative Writing** | Get Creative! Creative writing can help participants actively discover and improve their writing skills. This program includes character creation and development, poetry, narratives and using descriptive language. **Wednesdays 3:30pm-5:30pm**

**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. **Fridays 12:30pm-3:30pm**

## Program Sign up dates and times

*These are for existing clients to register for programs*



Tuesday Apr 24<sup>th</sup> 4pm  
Wednesday Apr 25<sup>th</sup> 3pm  
Thursday Apr 26<sup>th</sup> 1pm  
Saturday Apr 28<sup>th</sup> 12pm  
Tuesday May 1<sup>st</sup> 2pm  
Wednesday May 2<sup>nd</sup> 1pm  
Thursday May 3<sup>rd</sup> 1pm  
Saturday May 5<sup>th</sup> 12pm

## Personal Development

**Positive Thinking/Gratitude** | Learn how to reverse negative self-talk and think more positive in this gratitude based experiential group. **Mondays 1:30pm-3:30pm**

**Finding Direction** | Looking for a place to organize thoughts, reflections, future ambitions and daily schedule? Using goals setting and planning this class will help you use various tools and strategies to do just that. This program is a combination of goals, planning, writing and journaling to help motivate, inspire and educate participants. **Fridays 2:00pm-4:00pm**

**Self-Esteem & Self-Compassion** | Enhance and develop your self-esteem and self-compassion through various workshops in this discussion based program. *“Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering.”*  
**Fridays 1:00pm-3:00pm**

**Passion Planner** | Looking for a place to organize thoughts, reflections, future ambitions and daily schedule? Using the “Passion Planner” this class will help you use and discover this tool for just that. This program is a combination of arts, writing and journaling to help motivate, inspire and educate participants. When this program is complete participants will have a customized “Passion Planner” to help them stay focused on the future. **Thursdays 3:00pm-5:00pm**

**Telling Your Story and Being Heard** | What do you want to tell people about your experience living with a mental illness? Do you want to feel more confident in advocating for yourself? Learn how to write your story and learn more about yourself. Improve your speaking skills whether you are talking to someone one on one or giving a speech in a group setting.

**To learn more about this exciting new program. Join us for our information session on Monday, April 23 from 1:00 pm - 2:30 pm (drop-ins welcome to info session)**

**Classes Start Monday, May 7 from 1:30 pm to 3:30 pm**

**Motivation & Self Care** | This program is focused on helping participants develop skills around what motivates them. During this workshop you will learn to use various strategies that will bring out the best in you and help you care the best for yourself. **Saturdays 2:00pm-4:00pm**

## Healthy Living

**Beginner 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 a beginner class, so you must have little to no cooking experience to join. **Wednesdays 12:30pm-2:30pm**

**Nutrition 101: Healthy Eating/Healthy Chef** | Learn about different ways nutrition effects your health and lifestyle through workshops and cooking focused on healthy eating, menu planning, sugars, fats carbs etc. **Wednesdays 2:30pm-4:30pm**

**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!  
**Tuesdays 1:00pm-3:00pm**

**Free LUNCH**  
*continues*  
**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!!**

**Spring Garden Projects/ 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 11:30am-1:30pm**

**Healthy Snacks** | This is an interactive fun, educational class to learn how to make healthy food choices and prepare healthy nutritious snacks. **Wednesdays 4:30pm-6:30pm**

## Physical Health

**Dragon Boating** | Learn how to Dragon boat in this fun beginners Dragon boat program. At the end of the program the Conquering Waves Dragon boat team competes in the Concord Pacific Vancouver Dragon Boat Festival June 22-24, 2018. **Saturdays 1:00pm-3:00pm started March 17<sup>th</sup>**

**Healthiest Winner (community program)** | We will be joining this Community "Healthiest Winner" program at Hillcrest Community Center. Join us to get registered for this amazing community resource. This program gives participants access to a variety of fitness programs, along with healthy eating guidance, goal setting/support and so much more. **Tuesdays 10:30am-12:30pm**

**Gym Orientation** | Learn how to exercise safely at the community centre gym. A weight-training routine is developed by a personal trainer. **Fridays 10:30am-12:30pm**

**Active Living** | We are finally seeing the Spring / Summer weather arriving, it is time to get outside and 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. **Thursdays 12:00pm-3:00pm**

**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. **Wednesdays 11:30am-1:30pm**

**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 (or by donation) Vinyasa yoga classes in the community. **Tuesdays 4:00pm-6:00pm**

## Connections

**Assertiveness** | In this more advanced social skill program, participants will learn the foundations of asserting themselves and coping with difficult situations. **Wednesdays 1:00pm – 3:00pm**

## 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.

Book a coaching time during ANY of these times:

- **Tuesdays w/ Nina 4:00pm-6:00pm**
- **Saturdays w/ Shannon 10:00am-12:00pm**
- **Saturdays w/ Ray/Amy 2:00pm-4:00pm**

**Customized Computers** | A customized computer class where students can learn basic computer skills. A learning plan is developed based on individual needs. **Tuesdays 1:00pm-3:00pm or Fridays 1:30pm – 3:30pm**

**Clean Sweep (Homecare)** | In this program participants learn strategies to help them clean, organize and de-clutter their home. Learn about bacteria, mold, bed bug prevention and safety. **Thursdays 1:00pm-3:00pm**

### Employment Readiness

**Peer Leadership Training** | In this program participants will learn how to become an effective peer facilitator it is intended to increase knowledge about facilitation techniques, improve leadership and communication skills, understand group dynamics, become confident in organizing group activities, and encourage personal growth. **Thursdays 11:00am- 2:00pm**

**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 2:30pm- 4:30pm**

## **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. **Tuesdays 4:00pm-6:00pm**

**GO Youth** | This program supports participants in an encouraging group atmosphere where they can have candid conversations about social topics, building confidence and self-esteem while participating in positive leisure activities. **Thursdays 3:30pm-5:30pm**

## **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. Refreshments given after class. **Fridays 10:30am-12:00pm**

### Thrive Resource Café

*In the thrive café, clients are welcome to 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 ~
- ~ Special Events ~

### **VOICES & VISIONS**

#### **DROP-IN SUPPORT GROUP AT OPEN DOOR GROUP**

*Every 2<sup>nd</sup> and 4<sup>th</sup> Sat of the month @ 2:30-3:30 pm | QUESTIONS? CALL  
604-708-5276*

**BASED ON THE INTERNATIONAL HEARING VOICES NETWORK**

### **May / June thrive Special Events**

**Sat May 5<sup>th</sup> Cinco de Maya** | Join us for some delicious Mexican celebrations **11:30am-1:00pm**

**Sat June 23<sup>rd</sup> Ice Cream Sundae Buffet** | Summer is finally here! Let's celebrate with a Sundae buffet **12:00 pm-1:00pm**

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

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