



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 January 7<sup>th</sup> – 11<sup>th</sup>  
unless otherwise specified**

**New Participants | Orientation and Intake**

1st & 3rd Tuesday each month | Jan 8\*\* | Jan 22\*\* | Feb 5 | Feb 19 | 1:00pm - 2:00pm

\*\* dates changed due to January 1<sup>st</sup> stat holiday

### Leisure Education

**Positive Arts** | Creative arts programs have been proven to have significant positive impacts on mental health. In this constructive creative arts program you will be learning a variety of creative arts projects that are intended to support and foster healthy self esteem and thinking.

**Tuesdays 4:30pm-6:00pm**

**Digital Photography / Smart Device Photography** | This program teaches you how to take artistic photos with a digital camera and YOUR PHONE.. Cameras and smart devices are available. **Saturdays 1:30pm-3:30pm**

**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. **Tuesdays 4:30pm-6:30pm**

**Creative Arts- Mosaics** | Join this themed art group to learn how create beautiful mosaics out of pieces of broken files, glass and other materials. **Wednesday 4:00pm – 6:00pm**

**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**

**Jewelry Making** | Join this fun jewelry making group to learn how to make various pieces of jewelry. You will be using various jewelry making products everything from beads to hemp. **Saturday 1:00pm-3:00pm**

**Community Exploration** | Through leisure education and community exploration, participants will learn, participate and connect with a wide range of community activities and food resources that are free or low cost. **Thursday 12:00pm-2:00pm**

### Program Sign up dates and times

*These are for existing clients to register for programs*

Tues Dec 18<sup>th</sup> 6pm

Wed Dec 19<sup>th</sup> 3pm

Thu Dec 20<sup>th</sup> 3pm

Fri Dec 21<sup>th</sup> 2pm

Thurs Dec 27<sup>th</sup> 2pm

Fri Dec 28<sup>th</sup> 2pm

Wed Jan 2<sup>nd</sup> 1pm

Thurs Jan 3<sup>rd</sup> 3pm

Fri Jan 4<sup>th</sup> 3pm



## Personal Development

**Positive Thinking/Gratitude** | Learn how to reverse negative self-talk and think more positive in this gratitude based experiential group. **Mondays 1:00pm-3:00pm**

**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.”*  
**Thursdays 11:00am-1:00pm**

**Motivation** | This program is focused on helping participants develop skills around what motivates them and what helps them move forward to reach their goals. **Monday 11:00am-12:30pm**

**Planning and Prioritizing** | Looking for a place to organize thoughts, reflections, future ambitions and daily schedule? 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.  
**Tuesdays 4:30pm-6:30pm**

**Your Recovery Journey** | Mental illness and recovery – is it possible? We are here to say YES. Come and join us with this interactive workshop with videos, activities, and discussions to explore the meaning of recovery in mental illness, how you can get well, stay well, do the things you want to do with your life and live beyond your illness. **Fridays 1:00pm-3:00pm**

## Healthy Living

**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. **Tuesdays 12:30pm-2:30pm**

**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 1:30pm-3:30pm**

**Nutrition 101** | Learn about different ways nutrition effects your health and lifestyle through workshops and cooking focused on healthy eating, menu planning, sugars, fats carbs etc. **Friday 1:30pm-3:30pm**

**Self- Care and Stress Management** | Learn how self-care can positively shape your self-esteem and overall health. This class consists of various stress management and wellness workshops that focus on creating a new, empowering relationship with the most important person in your life – **YOU**. **Thursdays 1:00pm-3:00pm**

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

### **FREE LUNCH 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!!**

## Physical Health

**Healthiest Winner (community program)** | We will be joining a 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**

**Walk Training (Sun Run 10km walk training)** | This goal-oriented program trains you to walk 10 kilometers. Participants will learn step by step how to effectively train for a 10K walk. Participants will train for 13 weeks and then have the opportunity to complete the Vancouver Sun Run on Sunday, April 14<sup>th</sup>, 2019.

**Fridays 12:30pm-2:30pm**

**AquaFit** | A low-impact aqua fitness class taught in shallow water at the Hillcrest swimming pool.

**Thursdays 1:15pm-3:30pm (class starts at 2:15pm)**

**Karma Yoga** | Join this beginner Hatha yoga group to learn and practice various yoga techniques. The group will attend the Vancouver Karma Yoga studio for free (or by donation) classes in the community.

**Tuesdays 11:45am-1:30pm (class starts at 12:15pm)**

**Gym Orientation** | Learn how to exercise safely at the community centre gym. You will receive and learn a weight-training routine that has been developed by a personal trainer, so you get the result you want at the gym!! **Wednesdays 12:00pm-2:00pm**

## Connections

**Shyness and Social Anxiety** | In this discussion-based program participants will learn coping skills and strategies to communicate more effectively with others. Participants will also learn about strategies when dealing with shyness and social anxiety. **Tuesdays 1:00pm-3:00pm**

**Assertiveness** | In this more advanced social skill program, participants will learn the foundations of asserting themselves and coping with difficult situations. **Wednesdays 2:00pm-4:00pm**

## 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.

**Customized Computers** | A customized computer class where students can learn basic computer skills. A learning plan is developed based on individual needs. **Tuesdays 12:30pm-2:30pm**

**Microsoft Office Workshops** | Want to learn how to use Microsoft office? Not sure where to start? This program takes you through how to use the 2 most used Microsoft Office programs Excel and Word.

**Thursdays 4:00pm-6:00pm**

**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. **Wednesdays 4:30pm-6:30pm**

Book a coaching time during ANY of these times:

- **Saturdays w/ Ray 2:00pm-4:00pm**

## Employment Readiness

**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.

**Mondays 11:00am- 1:00pm**

**Personal Growth (Employment Readiness)** | Are you interested in returning to work one day? This class explores strategies to overcoming fears or barriers regarding returning to work. Participants will learn how to develop their own personal portfolio and create their ideal career path.

**Thursdays 5:00pm-7:00pm**

### Thrive Resource Café

In the thrive cafe clients can 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 ~

## **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 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 3:00pm-5:00pm**

**Go Gourmet** | This program provides an opportunity for youth and young adults to develop cooking skills. This program is designed to address budgeting, healthy nutrition and foundational cooking skills.

**Wednesdays 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**

### **Jan/Feb Special Events and Programs**

**Sat Jan 19<sup>th</sup> Healthy Smoothies Event** | Join us to explore and make healthy smoothies recipes  
**11:30am-1:00pm**

**Sat Feb 16<sup>th</sup> Chinese New Year's Celebration** | Bring in the lunar new year with us!! **12:00pm-2:00pm**

**Wellness Recovery Action Planning WRAP Workshop** WRAP is a tool to help people manage their health, wellbeing and recovery. **Saturdays 2:00pm – 4:00pm. Program starts on Saturday January 19<sup>th</sup>.**