

CALENDAR | May - June 2019



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 13th – 18th
unless otherwise specified

New Participants | Orientation and Intake
1st & 3rd Tuesday each month | May 7 | May 21 | June 4 | June 18 | 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 5:00pm-6:30pm**

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**

Healthy Baking | Learn how to make various edible crafts and baked goodies. In this program you will learn healthy baking recipes for all occasions. **Saturdays 10:30am-12:30pm**

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. **Saturdays 11:00am-1:00pm (This program starts on June 1st).**

Personal Development

Empowerment Talks | Improve your ability to speak up for yourself and peers. This class helps you discover attitudes necessary for self-advocacy. **Wednesdays 3:00pm-5:00pm**

Finding Direction | Go from *Wishing* to *Having* by.... **Exploring** yourself, making sure your **goals fit** you, understanding your **Motivations**, using **proven tools** to help you succeed. This program guides and supports participants in “Finding their Direction” **Wednesdays 4:30pm-6:30pm**

Thrive | 300-30 East 6th Avenue, Vancouver, BC, V5T 1J4 | www.opendoorgroup.org | thrive@opendoorgroup.org | 604 876 0773

Program Sign up dates and times

These are for existing clients to register for programs

Thurs Apr 18th 2:00pm
Tue Apr 23rd 11:00am
Wed Apr 24th 3:00pm
Thurs Apr 25th 2:00pm
Fri Apr 26th 2:00pm
Wed May 1st 3:00pm
Thurs May 2nd 3:00pm
Fri May 3rd 2:00pm
Tue May 7th 2:00pm
Wed May 8th 1:00pm

*** We will be closed on May 18, 20 and June 29 due to statutory holidays

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

Healthy Living

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. **Mondays 1:00pm-3:00pm**

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

Healthy Snacks | This is an interactive fun, educational class to learn how to make healthy food choices and prepare healthy nutritious snacks. **Wednesdays 4:00pm-6:00pm**

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 - 2:30pm**

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**

Relaxation Techniques and Breathing Exercises There are many breathing exercises you can do to help relax. In this interactive class you will learn about various breathing exercises and relaxation techniques. **Tuesdays 5:00pm-6:30pm (This program starts on June 10th).**

Physical Health

Healthiest Winner (community program) | We will be joining a Community "Healthiest Winner" program at Hillcrest Community Center for a weekly group workout led by a fitness professional. This amazing community fitness program also 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**

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. **Tuesdays 12:00pm-3:00pm**

Zumba | This is a fun, energetic dance aerobics class held at Collingwood House. Get fit and have fun at the same time! **Tuesdays 11:30am-3:15pm (class starts at 2:15pm) (This program starts on June 10th).**

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**

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. **Thursdays 3:15pm-5:00pm (class starts at 4pm)**

Community Biking | Improve your bike riding skills 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 also will be training for the CMHA **Ride don't Hide** event (optional participation). **Fridays 11:00am-1:00pm (Program starts on May 3rd)**

Walk the Seawall | A pedometer-based walking program. Calculate the steps you take each week in this fun social walking program to explore the many seawall scenic walks and other places. **Fridays 12:30pm-2:30pm**

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 21-23, 2019. **Saturdays 1:00pm-3:00pm started March 16th**

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

Assertiveness | In this more advanced social skill program, participants will learn the foundations of asserting themselves and coping with difficult situations. **Wednesdays 11:00am-1:00pm**

Communication 101 | In this discussion-based program learn the basics of social skills and strategies to communicate effectively with others. **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.

Customized Computers | A customized computer class where students can learn basic computer skills. A learning plan is developed based on individual needs. **Tuesdays 4:30pm-6:30pm & Thursdays 4:30pm – 6:30pm**

Book a coaching time during ANY of these times:

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

Employment Readiness

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 1:00pm-3:00pm**

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 Fit | Improve your bike riding skills and refresh your streetwise cycling techniques, rules of the road and basic bike maintenance. If you do not own a bike, bikes will be provided. You will be training for the CMHA **Ride don't Hide** event (optional participation).

Wednesdays 3:30pm-5:30pm

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

June Special Event

Multicultural Day Event

Join us to celebrate the multiculturalism in Canada and enjoy dishes from various cultures

Sat June 15th at 11:30am-1:30pm



WRAP – Wellness Recovery Action Plan

In this peer facilitated workshop, you will work towards designing your own Wellness Recovery Action Plan, identifying what makes you well, relieving difficult feelings and maintaining wellness.

Saturdays 1:00 – 3:30pm (This 8-week long workshop starts on June 1st)

To register: call 604-813-2487 or visit:

www.spotlightonmentalhealth.com

