

CALENDAR | Sept - Oct 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 Monday, September 9th – 14th
unless otherwise specified**

New Participants | Orientation and Intake

1st & 3rd Tuesday each month | Sept 3 | Sept 17 | Oct 1 | Oct 15 | 1:00pm - 2:00pm

Leisure Education

Creative Art Workshops | 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. **Saturdays 1:00pm-3:00pm**

Digital 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. **Wednesdays 2:30pm-4:30pm**

Personal Development

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

Self-Awareness | This workshop helps you gain self-awareness about who you are and who you want to be. In this program participants explore the 5 core elements that shape personal identity and sense of self. Our goal is to help participants move towards their hopes and dreams, and to support them in their journey of recovery. **Mondays 1:30pm-3:30pm (Program starts on Monday, September 16th)**

Self-Esteem & Self-Compassion | Enhance and develop your self-esteem and self-compassion through this workbook, discussion-based program. *“Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering.”* **Mondays 11:00am-1:00pm**

THRIVE SPECIAL EVENTS

Sept 14th Fall Chili and Corn Bread
Food served from 12:30pm-1:30pm

Oct 26th HALLOWEEN Special Event – Dress up for our annual event. Included are games, prizes, pumpkin carving and so much more.
Food served from 12:30pm-1:30pm



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

*** We will be closed on Sept 2nd, October 12th and October 14th due to statutory holiday

Self Discovery (Personality Dimensions) | This is a self-discovery program, in which participants will gain a deeper understanding of themselves and others in a positive, interactive, fun way. Through understanding the personality styles of ourselves and others. It will help participants to improve communication, teamwork, conflict resolution and self-esteem. Learn your “colours” **Fridays 1:30pm-3:30pm**

Healthy Living

Nutrition 101: Healthy Eating | Learn about different ways nutrition effects your health and lifestyle through workshops and cooking focused on healthy eating, menu planning, sugars, fats carbs etc.
Fridays 2:00pm-4:00pm

Cooking for One | A cooking program designed to teach participants how to make small easy meals to feed one. This eliminates food waste and helps when eating on a budget. **Saturdays 11:00am-1:00pm**

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 11:30am-1:30pm**

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**. **Tuesdays 5:00pm - 6:30pm**

Fall Gardening | It's time to prepare the garden for fall vegetable planting. In this class you learn about how to take care of your garden in the fall. You will plant and grow some cool-season crops such as broccoli, spinach and lettuce as well as cook healthy meals from our garden veggies. **Thursdays 11:30am-1:30pm**

Mindfulness and Relaxation | Learn various mindfulness and relaxation practices in this exploratory program to help you relax and /or manage various mental and stressful emotions. Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. **Thursdays 5:00pm-6:30pm**

Self-care and Creative Arts (Be good to “you”) | Learn how self-care can positively shape your self-esteem and overall health. This class consists of various wellness workshops that focus on creating a new, empowering relationship with the most important person in your life.... **YOU!** This program also has a creative arts component developing dream and vision boards and other great activities. **Wednesdays 4:30pm-6:30pm**

Cooking with Vegetables | Meat is typically very expensive when on a tight budget, it isn't always an option. This cooking program is designed to teach participants how to make nutritious healthy affordable meals with seasonal vegetables with minimal use of meat as well as vegetarian dishes. **Thursdays 4:30am-6:30pm**

Physical Health

Active Living | Although the Summer is coming to an end; it is time to stay outside and keep being active. This program is a combination of various physical activities such as: local hikes, rock climbing, badminton etc. Learn about free/ low cost local resources and get active! **Wednesdays 12:30pm-3:30pm**

Tai Chi | Learn the basics of Tai Chi in this introductory Tai Chi class, you will also get connected to a local Tai Chi center: Fung Loy Kok Taoist Tai Chi – Vancouver. **Thursdays 10:00am-12:00pm (class starts at 10:30am)**

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 | This goal-oriented program trains you to walk 5 kilometers. Participants will learn step by step how to effectively train for a 5K walk. Participants will train for over 12 weeks and then have the opportunity to complete the **Santa Shuffle 5K Walk in December**. **Tuesdays 1:00pm-3:00pm**

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)**

Connections

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

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. **Wednesdays 1:30pm-3:30pm**

Making Connections | This program is designed to support participants in building their social skills to foster better relationship building skills and more meaningful relationships with others. **Tuesdays 11:00am- 12:30pm Program starts on September 17th**

Book a coaching time during ANY of these times:

- **Saturdays w/ Shannon 11:00am-12:00pm**
- **Saturdays w/ Ray 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 4:30pm-6:30pm & Fridays 2:00pm-4:00pm**

Planning and Prioritizing | Looking for a place to organize thoughts, reflections, future ambitions and daily schedule? This class will help discover tools and strategies for that and how to manage your time. This program is a combination of learning, arts, writing and journaling to help motivate, inspire and educate participants. **Fridays 11:00am-1:00pm**

Budgeting 101/ Money Management | Learn the importance of managing your money to help you reach your goals. In this programs you will learn how to set SMART financial goals, track your expenses and also develop a money management budget plan to help you reach your financial goals. **Wednesdays 4:30pm-6:30pm**

Employment Readiness



Implicit Career Search (Career Self Discovery/ ICS) | Discovering, defining and developing you and your career goals. ICS is a unique approach to career exploration that is based on the idea that each of us has a unique contribution to make to our world. This course helps you discover your passion and work purpose. **Wednesdays 11:30am-2:30pm**

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**

GO Shyness and Social Anxiety | In this youth 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 paired with community excursions. **Thursdays 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. **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**

DRESS TO IMPRESS (Free Clothing Event) |

Open Door Group partnered with **Moore's Suit Drive** to be able to provide necessary interview/ work clothes for everyone in need.

On **Sept 12 from 1:00pm-4:00pm Dress to Impress** - FREE clothing event supporting men and women in getting necessary interview/work clothes will be hosted at different WorkBC locations. All clothes are free and in various sizes!

All members are welcome!
For more details contact thrive staff!



Open Door Group's Impact Hiring Fair

When: Thursday Sept 26th 10:00-4:00pm **Location:** Vancouver Community College 250 W Pender St.

Everyone Welcome!!

Impact Fair Hiring Workshops:

- **September 18th 1:30** at the Art Studios (2005 E 44th Ave)
- **September 19th, 2:30** at Work BC, VCC - Downtown (200-250 West Pender St)
- **September 23rd, 4:30** at Gastown Vocational Services (2750 East Hastings St)
- **September 24th, 2:30** at Open Door Group Thrive (30 East 6th Ave)