

# CALENDAR | March-April 2020



INSPIRATION  
AT WORK

**Hours of Operation:** Monday, Friday, Saturday | 9:30am – 4:00pm  
Tuesday, Wednesday, Thursday | 9:30am – 7:00pm

**Most Programs start the week of March 9<sup>th</sup> – 14<sup>th</sup>  
unless otherwise specified**

**New Participants | Orientation and Intake**  
1st & 3rd Tuesday of March | Mar 3 | Mar 17 | 1:00pm - 2:00pm

## Leisure Education

**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.

**Thursdays 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. **Wednesdays 1:00pm-3:00pm**

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

**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.”*

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

### Program Sign up dates and times

*These are for existing clients to register for programs*



**Thu Feb 20<sup>th</sup> 1pm**  
**Fri Feb 21<sup>th</sup> 12pm**  
**Tues Feb 25<sup>th</sup> 12pm**  
**Wed Feb 26<sup>th</sup> 3pm**  
**Thurs Feb 27<sup>th</sup> 3pm**  
**Fri Feb 28<sup>th</sup> 1pm**  
**Tues Mar 3<sup>rd</sup> 12pm**  
**Wed Mar 4<sup>th</sup> 2pm**  
**Thurs Mar 5<sup>th</sup> 2pm**



Thrive has a Facebook page. **Like** our page to find updated program calendars and to keep informed about program highlights/updates. [www.facebook.com/odgthrive](http://www.facebook.com/odgthrive)

**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 10:30am-12:30pm**

### Healthy Living

**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.

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

**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.

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

**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. **Saturdays 11:30am-1:30pm (Starts April 4th)**

**Stress Management** | Everyone experiences stress. However, when it's affecting your wellbeing, it is important to tackle it as soon as possible. In this program you will learn all about stress and various coping strategies that can help you in stressful situations. **Fridays 12:00pm-1:30pm**

### 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 9:45am-12:00pm (class starts at 10:30am at the Hillcrest Community Centre.)**

**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 19<sup>th</sup>, 2020.

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



Thrive has a Facebook page. **Like** our page to find updated program calendars and to keep informed about program highlights/updates. [www.facebook.com/odgthrive](http://www.facebook.com/odgthrive)

**Yin Yoga** | Join this beginner yoga group to learn and practice yin yoga technique. Yin yoga is a slow paced yoga where postures are held for longer period of time. The group will attend the Vancouver Karma Yoga studio for free (or by donation) Vinyasa yoga classes in the community.  
**Wednesdays 11:45am-2pm (class starts at 12:30pm)**

**Racquet Sports** | Learn how to play various racquet sports such as; tennis, badminton, pickleball, table tennis and racquetball, in this exploratory program. Get connected with local places to play racquet sports and get set up with everything you need to continue playing on your own.  
**Thursdays 12:30pm– 3:00pm**

**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 19-21 2020. **Saturdays 1:00pm-3:00pm starts March 14<sup>th</sup>**

**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 1:00pm-3:00pm**

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

Book a coaching time during ANY of these times:

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

## Employment Readiness

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



Thrive has a Facebook page. **Like** our page to find updated program calendars and to keep informed about program highlights/updates. [www.facebook.com/odgthrive](http://www.facebook.com/odgthrive)

## 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. **Wednesdays or 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**

### TAX TIME WORKSHOP

Learn to file your taxes in this 1-day free workshop designed to assist you with filing your own taxes. This class is put on by the CMHA Peer Navigator Program.

**LOCATION: Work BC Center at VCC Downtown Campus**  
#200 - 250 W Pender St Vancouver

**\*\* Please make sure you bring all your tax slips and social insurance number**

*Choose the day and time that works best for you:*

- **Friday March 13, 2020 at 10:00am - 12:00pm (Lab and Boardroom)**
- **Friday March 20, 2020 at 2:00pm - 4:00pm (Lab and Boardroom)**
- **Monday March 23, 2020 at 10:00am - 12:00pm (Lab and Boardroom)**

**To register, please call the Peer Navigator Program**

**[604-872-3148](tel:604-872-3148) / [peer.navigator@cmha.bc.ca](mailto:peer.navigator@cmha.bc.ca)**



**The Thrive Program is in the process of relocating as of April 1 2020.**

During March and April 2020 we will be running some of our programs out of the following locations:

1. **Ravensong Community Center:**  
2450 Ontario St Vancouver
2. **Mt. Pleasant Community Center:**  
1 Kingsway Vancouver
3. **VCC Downtown Campus:**  
#200 - 250 W Pender St Vancouver

*For more details please contact Thrive staff*