

CALENDAR | September / October 2020



INSPIRATION
AT WORK

Hours of Operation: Monday, Friday, Saturday | 9:00am – 5:00pm
Tuesday, Wednesday, Thursday | 9:00am – 5:30pm

During the COVID-19 Pandemic THRIVE program is offering Zoom/ Phone 1:1 Sessions and Group Sessions Online and In-Person. See individual programs below for more info.

***Most Programs start the week of Sept 8th – 12th
unless otherwise specified***

New Participants: We are accepting new Intakes during this time.
Our intake form is available on our Open Door Group THRIVE Website:

<https://www.opendoorgroup.org/programs/thrive/>

Leisure Education

Digital Photography | Are you interested in learning more about digital photography? Do you have a smart phone that allows you to take photos while enjoying your daily walk? Then this workshop is for you. In this workshop you will learn tips and tricks when taking artistic photos. **Thursdays 3:30pm – 5:00pm (OUTDOORS)**



NEW Art in the Park | Have you been thinking about learning something new? This workshop is for anyone who would like to participate in various creative projects including watercolour painting, nature collage and other. **Tuesdays 1:30pm – 3:00pm (OUTDOORS)**

Basics of Cross Stitch | Have you been thinking about learning something new? This workshop is for anyone who would like to learn this new creative activity. **Wednesdays 11:30am – 12:30pm (ONLINE)**

Creative Writing | Get Creative! This online Creative Writing workshop can help you actively discover and improve your writing skills. This workshop includes character creation and development, poetry, narratives and using descriptive language. **Mondays 11:00am – 12:00pm (ONLINE) - Starting Sept 14th**



Thrive now has a Facebook page. **Like** our page to find updated program calendars and to keep informed about program highlights/updates. www.facebook.com/odgthrive

Positive Arts | Let's get out in the fresh air and create some inspiring artwork! 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.

Mondays 12:00pm-2:00pm (OUTDOORS) - Starting Sept 14th

NEW Community Exploration – Arts and Culture | Join this community exploration group to learn about and visit some of Vancouver's amazing Museums and Cultural Centers. Each session the group will be visiting a new local museum or cultural venue and learn about the local Arts and Culture scene. **Wednesdays 2:30pm-5:00pm (OUTDOORS)**

Personal Development

Positive Thinking | Can optimism be learned? Yes it can. Learn how to change your attitude and behaviour by recognizing negative self-talk and think more positively in this gratitude based experiential group.

Mondays 11:00am-12:00pm (ONLINE) - Starting Sept 14th

Your Recovery Journey | Join us for this modified interactive Zoom 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. **Thursdays 11:00am – 12:30pm (ONLINE)**

Building Resilience | Resilience means ability to withstand difficult and challenging times. It is personal journey, unique to each individual. We can learn to be more resilient by learning how self-efficacy, sense of humour, our ability to adapt, attachment to others and optimism are connected. We will discuss how to understand and think of change as a challenge and how to develop our ability to tolerating stress. By examining these themes and learning how they are interconnected will help us come out the other side of adversity stronger. **Fridays 1:30pm – 3:00pm (ONLINE)**



Motivation & Daily Routine | This Zoom workshop is a combination of learning about what motivates you and helps you move forward to reach your goals and strategies on how to maintain and plan your healthy daily routine.

Wednesdays 1:30pm – 2:30pm (ONLINE)

Self-Compassion | "When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and support in times of difficulty, things start to change" K. Neff. This workshop helps you to understand what self-compassion is and strategies to practice self-compassion in daily life. **Wednesdays 12:00pm – 1:00pm (ONLINE)**

Empowerment Talks | Improve your ability to speak up for yourself and peers. This class helps you discover attitudes necessary for self-advocacy. **Thursdays 1:30pm – 2:30pm (ONLINE)**

Healthy Living and Physical Health

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. **Tuesdays 2:00pm – 3:00pm (ONLINE)**



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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**. **Tuesdays 4:30pm-5:30pm (ONLINE)**

Active Living | Summer is coming to a close but Vancouver in the fall is still pretty spectacular, let's 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 2:00pm-5:00pm (OUTDOORS)**

Tennis | Learn how to play tennis 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. **Fridays 10:30am - 11:30am OR 11:30am-12:30pm (OUTDOORS)**

Walking Group | A fun filled community walking program to explore the seawall and other scenic places in our beautiful community. **Tuesdays 3:00pm-5:00pm (OUTDOORS)**

Community Biking | Improve your bike riding skills in this 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. **Fridays 12:00pm-2:30pm (OUTDOORS)**

Nutrition / Outdoor Workout | Enjoy an invigorating workout in the fresh air and learn about different ways nutrition effects your health and lifestyle. Topics include healthy eating, menu planning, and the impact of sugars, fats carbs etc. **Tuesdays 11:00am-12:30pm (OUTDOORS)**

NEW Yoga in the Park | Join this beginner yoga group to learn and practice various yoga techniques. The group will take place outdoors in a relaxing park setting. **Thursdays 11:00am-12:00pm (OUTDOORS)**

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 12:00pm-1:00pm (ONLINE) - Starting Sept 14th**

Assertiveness | In this social skill program, participants will learn the foundations of asserting themselves and coping with difficult situations. **Fridays 1:00pm-2:00pm (ONLINE)**

Communication for Success | Great communication skills can be learned. In this program you will learn how to express yourself verbally and in writing. You will explore the basics of body language and the important context that affect communication. **Fridays 12:00pm- 1:00pm (ONLINE)**

Employment Readiness and Essential Skills

Pathways to Employment | Is one of your goals to find satisfying employment one day in the future but you feel there are many barriers to it? This class explores strategies to overcoming fears or barriers regarding returning to work. It helps participants to learn about their strengths, weaknesses in relation to personality traits and conflict resolution skills. Participants will learn how to develop their own personal portfolio and create their ideal career path. **Thursdays 1:00pm-2:00pm (ONLINE)**



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Savvy Budgeting | Learn the importance of managing your time & money to help you reach your goals. Learn strategies, techniques and tools to manage your time and GET THINGS DONE. Also develop a money management budget plan to help you reach your financial goals. **Tuesdays 12:00pm-1:00pm (ONLINE)**

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. **Fridays 2:00pm-3:00pm (ONLINE)**

Social Groups

Social Mondays | Connect with other THRIVE members via Zoom to play games, do Trivia, discuss movies, books and talk about wellness resources. This group provides fun distraction from the challenging times.

Mondays 2:00pm – 3:00pm (ONLINE) - Starting Sept 14th

Youth and Young Adults (Ages 17-26)

Virtual Hangout for Youth and Young Adults | Feeling like you are a little disconnected from others due to social distancing? Join us for some games and table talk to keep yourself connected to others while having fun! Login into zoom and we will play interactive games and every other week we will host table talk discussions on various topics.

Wednesdays 2:00pm – 3:30pm (ONLINE)

Active Living for Youth and Young Adults | Summer may be coming to a close but Vancouver in the fall is still pretty spectacular, lets 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 1:30pm-4:30pm (OUTDOORS)

THRIVE 1:1 SESSIONS

Computer Sessions & Zoom Support | With technology being used and needed now more than ever, this is a great opportunity for you to connect with us to learn or improve your computer skills. This 1:1 session can take place either via Zoom or over the phone.

Time Management Sessions | Have you been experiencing a disruption in your daily routine last couple of weeks? Is it causing you stress and anxiety? Join this 1:1 session to learn how to regain control over your daily routine, create new positive daily habits and set yourself goals.

Wellness Sessions | As we navigate this new normal, it may feel challenging for us to maintain our overall wellbeing. Book 1:1 session to learn about how to stay on top of your emotional, physical, spiritual and social wellbeing and explore new leisure activities.

Cooking on the Fly | Do you want to learn to plan meals and prepare healthy snacks? Book this 1:1 session to get support with meal planning, tips on healthy recipes and how to adapt recipes based on what is in your pantry.



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How to register:

- Choose a group workshop you are interested in.
- Email thrive.registration@opendoorgroup.org or call 604-876-0773. For online programs, let us know if you are interested in virtual or over the phone session.
- Once registered for workshop or a session, you will receive a Zoom link or more information about the location of your program via email.
- Set up an appointment with your RT to discuss your goals.

Leisure, Health and Wellness Bursary Update

We continue to offer Leisure, Health and Wellness Bursary! If you have leisure or wellness oriented goals and would like to apply for financial support to achieve your goals, please connect with your recreation therapist!