

CALENDAR | November / December 2020



INSPIRATION
AT WORK

Hours of Operation: Monday, Friday | 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 Nov 9th – 13th
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

Holiday Crafts | The holidays are upon us! Let's get together and create some holiday inspired crafts. All art supplies will be provided, just bring your holiday spirit and creativity! **Wednesdays 11:00am – 12:00pm (ONLINE)**

NEW Basics of Embroidery | Have you been thinking about learning something new? This workshop is for anyone who would like to learn this new creative activity. **Wednesdays 2:00pm – 3:00pm (ONLINE)**

Self-Care and Creative 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. **Thursdays 3:00pm-4:00pm (ONLINE)**

Holiday/Winter Community Exploration | Join this Community Exploration group to learn about and visit some of Vancouver's winter and holiday events. Each session the group will be visiting a new local venue to explore what our community has to offer. **Tuesdays 1:30pm-3:30pm (OUTDOORS)**

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 2:00pm – 3:00pm (ONLINE)**



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

NEW ZOOM Holiday Caroling | Join this fun and interactive singing group to bring joy to the holiday season. The group will take place online via Zoom where participants can come together to learn basic singing techniques and enjoy some of our favorite holiday songs. **Fridays 11:00am-12:00pm (ONLINE)**

Personal Development

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 1:00pm – 2:30pm (ONLINE)**

Your Recovery Journey Alumni | 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 – 12:00pm (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. **Mondays 1:30pm – 2:30pm (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. **Mondays 11:00am – 12:00pm (ONLINE)**

Empowerment Talks | Whether you are trying to change the world or your own life, advocacy means finding your own voice. For people with mental health condition, standing up for yourself can be difficult. In this program you will learn all about speaking up for yourself and others by learning about your rights, improving your coping strategies, assertiveness skills, problem solving and decision making skills. This empowering program is a combination of learning, discussions and videos. **Fridays 11:00am – 12:00pm (ONLINE)**

Healthy Living and Physical Health

Mindfulness and Relaxation | During times like this we sometimes experience heightened anxiety, fear, disconnection and isolation. This fun, interactive Zoom workshop explores various mindfulness exercises and techniques to support your mental wellbeing and help you to stay present. **Tuesdays 2:00pm – 3:00pm (ONLINE)**

Holiday Stress Management | The holiday season can be a difficult time for many. This class consists of various stress management and wellness techniques during that focus on creating a new, empowering relationship with the most important person in your life – **YOU**. **Tuesdays 4:30pm-5:30pm (ONLINE)**



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Kitsilano Walking Group | A fun filled community walking program to explore the Kitsilano Neighborhood and other scenic areas in our beautiful community. **Mondays 12:00pm-2:00pm (OUTDOORS)**

Creekside Walking Group | A fun filled community walking program to explore the Creekside Seawall and other scenic areas in our beautiful community. **Thursdays 2:00pm-4:00pm (OUTDOORS)**

NEW ZOOM Yoga | Join this beginner yoga group to learn and practice various yoga techniques. The group will take place online via Zoom. **Thursdays 11:00am-12:00pm (ONLINE)**

NEW Beginner Running Group | Have you always wanted to start running but you found it too challenging? This Beginner Running Group is for everyone who is new to running and wants to develop their running skills. Running has great benefits for our physical and mental health. It helps decrease our stress levels and boost our mood. Accept a new challenge and join this fun group. **Tuesdays 11:30am-12:30pm (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. **Fridays 1:00pm-2:00pm (ONLINE)**

Employment Readiness and Essential Skills

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

ODG Gives Back (Volunteer Beginnings) | The secret to happiness is helping others. 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-12:30pm (ONLINE)**

NEW RentSmart Certificate Program | Housing issues got you down? The RentSmart program provides tools and resources to support participants in finding and maintaining suitable housing. This program builds on knowledge, life skills and confidence by outlining and educating participants about current trends and pitfalls in the ever changing Vancouver housing market. A certificate, recognised by BC Housing and other housing providers, is awarded upon completion. **Wednesdays 12:30pm-1:30pm (ONLINE)**

Social Groups

Book Club | Come explore fiction and non fiction and share your thoughts with others. All reading materials will be provided to you. **Wednesdays 3:30pm – 4:30pm (ONLINE)**

NEW Healthy Habits Social Group | Join us for open discussion and resource sharing about Healthy Habits. Topics *might* include diet and activity, mindsets, self-care, self-compassion, stress management, lifestyle choices and more. **Fridays 1:00pm-2:00pm (ONLINE)**



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Youth and Young Adults

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)

NEW Self-Esteem for Young Adults | Need a little boost? Join this new Young Adult self-esteem program that will help you understand how to be more confident and cultivate a strong feeling of self worth. Learn to communicate more affectively and be your authentic self. **Thursdays 2:00pm – 3:00pm (ONLINE)**

Older Adult 55+

NEW Seniors Social 55+ | Connect with other THRIVE members via Zoom in a social setting to discuss movies, books, play trivia and learn about resources and wellness. This group offers a fun interactive social experience while providing the latest information and resources specific to those over age 55.

Mondays 11:00am – 12:00pm (ONLINE)

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.

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!