

CALENDAR | January / February 2021



INSPIRATION
AT WORK

Hours of Operation: Tuesday Wednesday, Friday | 9:00am – 4:30pm
Monday, 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 January 11th – 15th
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

NEW Clay Arts | Lets get together and create something with clay. All art supplies will be provided, just bring your imagination and creativity! **Thursdays 4:00pm – 5:00pm (ONLINE)**

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

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. **Tuesdays 3:00pm – 4:30pm (ONLINE/OUTDOORS)**



NEW Empowering Arts | This program focuses on building self-esteem through art. Use your drawing and creative skills to empower yourself and gain more confidence. **Fridays 11:00am – 12:00pm (ONLINE)..... Begins Jan 15**

Drawing | Join this Zoom beginners drawing & sketching class to explore the artistry behind how to draw various realistic portraits / objects. **Wednesdays 11:00am – 12:00pm (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

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)

Self-Esteem | Self-esteem is overall opinion about yourself, your abilities and limitations. In this program you will learn what shapes our self-esteem and how to develop healthy self-esteem through various activities and discussions.

Wednesdays 2:00pm – 3:00pm (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)**

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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 1:00pm – 2:00pm (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.

Fridays 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. **Tuesdays 12:00pm – 1:00pm (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. **Fridays 2:30pm – 3:30pm (ONLINE)**

Walking Group Leisure | A fun filled community walking program to explore scenic areas in our beautiful community. This program will be a combination of smaller walking groups as well as some independent exercise.

Thursdays 2:00pm-4:00pm (OUTDOORS)



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Walking Group (Van Sun Run) | Ever thought about completing the annual Vancouver Sun Run. This walking program will combine smaller group activity with some independent exercise in order to ready ourselves for the Sun Run in 2021. **Tuesdays 2:30pm-4:30pm (OUTDOORS)**

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)**

Beginner Running Group (Van Sun Run) | Running has great benefits for our physical and mental health. It helps decrease our stress levels and boost our mood. This Running Group is for anyone who wants to develop their running skills. Runners will also have the option to train for 10km run in the annual Vancouver Sun Run event (participation is voluntary). Accept a new challenge and join this fun group. **Tuesdays 11:00am-12:30pm (OUTDOORS)**

Nutrition | Learn about different ways nutrition affects your health and lifestyle. In this workshop you will discuss healthy eating, menu planning as well as learn interesting facts about sugars, fats, carbs and other nutrients. **Friday 11:00am – 12:00pm (ONLINE).... Begins Jan 15**

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)**

Assertiveness | In this social skill program, participants will learn the foundations of asserting themselves and coping with difficult situations. **Wednesdays 2:30pm-3:30pm (ONLINE)**

Employment Readiness and Essential Skills

Money Smart - Budgeting | Learn strategies, techniques and tools to manage your money. In this group we will learn not only to manage our money but also to share resources to help you spend less. Lets work together to develop a money management budget plan to help you reach your financial goals. **Mondays 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. **Mondays 4:00pm-5:00pm (ONLINE)**

Social Groups

Monday Social | 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. **Mondays 2:00pm – 3:00pm (ONLINE)**

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. **Tuesdays 11:00am-12:00pm (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 Compassion for Youth and Young Adults | Join this new Young Adult self-compassion program that will help you to be kind to yourself and cultivate a strong feeling of self worth. Learn to communicate more affectively and be your true authentic self. **Thursdays 2:00pm – 3:00pm (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!