

CALENDAR | March / April 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 March 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

Clay Arts | Let's get together and create something with clay. All art supplies will be provided, just bring your imagination and creativity! ***Mondays 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.

Thursdays 12:00pm – 1:30pm (ONLINE)

Empowering Arts | This program focuses on building self-esteem through art. Use your drawing and creative skills to self-reflect, empower yourself and gain more confidence.

Fridays 11:00am – 12:30pm (ONLINE)



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. ***Mondays 12:00pm – 1:00pm (ONLINE)***

Watercolours | Do you enjoy painting? Learn how to use watercolours to create beautiful artwork in this beginners art program. ***Fridays 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

Self-Awareness | In this program you will learn how to increase your self-awareness about who you are and who you want to be. You will learn to reflect on your values, beliefs and emotions. Improved self-awareness will help you to understand what you are doing as you do it and why you are doing it. **Fridays 2:30pm – 3:30pm (ONLINE)**

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. **Wednesdays 12:00pm – 1:30pm (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 1:00pm – 2:00pm (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)**

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. **Wednesdays 2:00pm – 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. **Fridays 2:00pm – 3:00pm (ONLINE)**

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 “colors”. **Tuesdays 3:00pm – 4:00pm (ONLINE)**

Healthy Living and Physical Health

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**. **Thursdays 3:30pm – 4:30pm (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 3:00pm-4:30pm (OUTDOORS Trout Lake)**



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Walking Group (Sun Run) | Ever thought about completing the annual 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) - Started February and Continuing

Running Group (Sun Run) | This Running Group is for anyone who wants to develop their running skills and build up to completing the annual Sun Run. 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 11:00am-12:00pm (OUTDOORS) - Started February and Continuing.

NEW ZOOM Yoga and Mindfulness | Join this beginner yoga group to learn and practice various yoga poses. This program also has a relaxing mindfulness component for those who are looking to incorporate some mindfulness techniques into their Yoga practice. The group will take place online via Zoom. **Thursdays 11:00am-12:00pm (ONLINE)**

NEW Food for Thought - Nutrition for the Mind | Eating healthy and choosing the right nutrients can have a huge impact on our mental, emotional and physical wellbeing. In this program we will learn about food and nutrition and the connection to the brain specifically, emphasizing certain nutrients, eating habits and mindfulness surrounding food and how we feel. Topics include; sharper focus, increasing energy, improving memory, stabilizing mood and fueling the brain. **Thursdays 1:00pm – 2:00pm (ONLINE) - Starting March 18**

Connections

NEW Worry and Rumination | In this discussion-based program participants will learn coping skills and strategies to 'Master Your Worries'. This workshop is designed to provide you with some information about chronic worrying and generalised anxiety and offer strategies designed to improve general health and wellbeing.

Mondays 11:00am-12:00pm (ONLINE) – Starting March 15

Book Club | This discussion based group will explore topics covered from a shared reading experience. We will read and explore topics from the book "The Happiness Project" for this term. All reading materials will be provided to you.

Tuesdays 1:30pm – 2:30pm (ONLINE) - Starting March 16

Employment Readiness and Essential Skills

Planning and Prioritizing | Looking for a place to organize thoughts, reflections, future ambitions and daily schedule? This class will help you use and discover this tool for just that. This program is a combination of arts, writing and journaling to help motivate, inspire and educate participants. **Wednesdays 11:00am – 12:00pm (ONLINE)**

Social Groups

NEW Social Group 100 Humans | Connect with other THRIVE members via Zoom in a social setting to discuss topics from the Netflix TV Program 100 Humans. Each week participants will watch and discuss an episode together and explore the topic covered. **Mondays 2:00pm – 3:00pm (ONLINE)**

NEW Brain Games Social Group | Join us for a fun and interactive workshop designed to exercise your mind. Each week we will explore fun new ways to get those brain waves interacting.

Wednesdays 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 Youth C25K | A gentle introduction to getting the body moving, starting off alternating between walking and running small distances, and slowly building up. After 8 weeks, you'll be ready to run 5 kilometers or 30 minutes non stop! **Thursdays 2:00pm-3:30pm (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.

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!