

CALENDAR | September/October 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 Sept 7th – 10th
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 Story Telling | Are you interested in exploring your community, participate in a creative group process and take photographs to describe your story? In this program you will learn to look at various topics through the lens of a camera, take photographs and discuss your experiences with the program participants.

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

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. This program will be a combination of online and outdoor activities (weather dependent). **Fridays 2:00pm – 3:30pm (ONLINE)**



Music Group Ukulele | Are you interested in learning the basic skills of playing Ukulele and enjoying music with peers? Have you played Ukulele or guitar before? This class is for you. Join this four weeks long program full of music and fun.

Wednesdays 2:30pm – 3:30pm (OFFICE) Starting Sept 15th

Drawing 102 | Have you attended a beginner drawing class and would like to continue to develop your skills? In this intermediate drawing & sketching class you will explore the artistry behind how to draw various realistic still objects and outdoor environments.

Thursdays 11:00am – 12:30pm (OUTDOORS/OFFICE)

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. **Fridays 11:00am –12:00pm (ONLINE)**

Clay Arts | Lets get together and create something with clay. All art supplies will be provided, just bring your imagination and creativity! **Wednesdays 11:00am – 12:30pm (ONLINE)**

Personal Development

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 3:00pm – 4:00pm (ONLINE) Starting Sept 13th



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. **Tuesdays 5:00pm – 6:00pm (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". **Wednesdays 11:00am – 12:30pm (ONLINE)**

Building 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. **Tuesdays 11:00am – 12:00pm (ONLINE)**

Your Recovery Journey Alumni | Join us once every two weeks 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.

Mondays 11:00am – 12:00pm (ONLINE) Starting Sept 13th

Healthy Living and Physical Health

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!! **Tuesdays 11:30am-12:30pm (Mount Pleasant Community Centre)**

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. **Thursdays 4:00pm-5:30pm (OFFICE) Starting Sept 16th**

Do you need support with connecting to community programs and resources?
Book a coaching session:

- **Mondays w/ Bronwyn**
1:00pm-4:00pm
- **Fridays w/ Anja**
1:00pm-4:00pm

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. **Mondays 11:30am-12:30pm (ONLINE) Starting Sept 13th**

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. **Tuesdays 4:00pm – 5:30pm (ONLINE)**



Walking Leisure Big Elf Christmas Walk | 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 and then have the opportunity to complete the Big Elf 10K Walk on December 11th, 2021.

Wednesdays 2:00pm-3:30pm (OUTDOORS Seawall)

Biking – Know it all | Come and learn everything you need to know about cycling in Vancouver and becoming a streetwise cyclist. Key topics include cycling safety best practices, route planning for safe and enjoyable rides, gears and tips for fall and winter riding, how to take your bike on transit, basic bike maintenance, bike security, what to do in case of collision, etc., plus many other helpful and free/low cost resources. Participants can also get support to acquire a free bike upon completion of this class. **Mondays 2:00pm-3:00pm (OUTDOORS) Starting Sept 13th**

Active Living | This program is combination of various physical activities such as hiking, kayaking, bowling etc... Learn about free/low cost local resources and get active. **Thursdays 11:00am – 1:00pm (OUTDOORS)**

Running Big Elf Christmas Run | This goal-oriented program trains you to run 5 or 10 kilometers. Participants will learn step by step how to effectively train for a 5K or 10k run. Participants will train and then have the opportunity to complete the Big Elf Run on December 11th, 2021. **Wednesdays 11:00am-12:00pm (OUTDOORS)**

Community Gardening | Learn about the basics of maintaining a vegetable garden. In this class you will be creating and learning about various indoor/outdoor gardening practices. You will maintain, harvest and winterize our community garden plots. **Wednesdays 2:30pm-4:30pm (OUTDOORS)**

Connections

Book Club | Join this interactive program full of reading, discussions about books, short stories and poetry. In this program, participants will also have opportunities to learn about local events/ libraries and The Writer's Fest. **Thursdays 4:30pm – 6:00pm (ONLINE) Starting Sept 16th**

Assertiveness | Do you have difficulties standing up for yourself in an assertive way? In this social skill program, you will learn the foundations of asserting yourself in a calm and positive way and how to cope with difficult situations. **Fridays 12:00pm – 1:30pm (ONLINE)**

Making Connections | This program is designed to support participants in building their social skills to foster better relationship building skills and more meaningful relationships with others. **Tuesdays 1:30pm – 3:00pm (OFFICE)**

Employment Readiness and Essential Skills

Peer Facilitator Workshop | In this program participants will learn how to become an effective peer facilitator it is intended to Increase knowledge about facilitation techniques, improve leadership and communication skills, understand group dynamics, become confident in organizing group activities, and encourage personal growth.

Thursdays 11:00am – 1:00pm (OFFICE)

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 2:30pm-3:30pm (ONLINE) Starting Sept 13th

Spanish Intro Class | Learning new language helps to keep your brain fit. Join one of our peers and learn some basic Spanish conversation rules, vocabulary and songs in this four weeks long intro class.

Tuesdays 12:00pm – 1:00pm (OFFICE)

Youth and Young Adults (ages 17-26)



Go Social | Feeling like the pandemic has left your social skills on the shelf? Looking for someone to talk to besides your dog? Join us at Go Social to brush up on your conversation skills. We will be meeting part time in person and part time over Zoom. Promise this will be fun. **Thursdays 3:30pm-5:00pm (OUTDOORS). Starting Sept 16th**

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 3:30pm-5:00pm (OUTDOORS/OFFICE)

How to register:

- Choose a group program based on your goals. Max of 2 programs per term.
- Email your thrive Recreational Therapist & 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 a program, you will receive a Zoom link or more information about the location of your program via email.
- Set up an appointment with your recreation therapist to discuss your goals.