

CALENDAR | January/February 2022



INSPIRATION
AT WORK

Hours of Operation: Monday & Friday | 9:00am – 4:30pm
Tuesday, Wednesday & Thursday | 9:00am – 6:00pm

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 Jan 17th – 21st
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/>

Art Programs

Watercolours | Do you enjoy painting? Learn how to use watercolours to create beautiful artwork in this beginner's art program. **Thursdays 2:00pm – 3:30pm (OFFICE)**

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. **Mondays 2:00pm – 4:00pm (ONLINE/OUTDOORS)**



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 – 3:30pm (ONLINE)**

Drawing 101 | Join this beginners drawing and sketching class to explore the artistry behind how to draw various realistic portraits/objects. **Thursdays 11:30am– 12:30pm (OFFICE)**

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)**

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 week long program full of music and fun.

Wednesdays 2:00pm – 3:00pm (OFFICE) Starting January 26th



To find updates and program calendars like our Facebook

page www.facebook.com/odgthrive or follow our **Instagram account** [@thriveodg](https://www.instagram.com/thriveodg)



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.

Tuesdays 12:00pm-1:00pm (ONLINE)

Mental Health Management

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 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 11:00am – 12:00pm (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 other it will help participants to improve communication, team work, conflict resolutions and self-esteem. Learn your "colours".

Wednesdays 2:00pm – 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. **Tuesdays 3:00pm – 4:30pm (ONLINE)**

Physical Health and Wellness

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 11:30am – 12:30pm (ONLINE)**

Stress Management | Everyone experiences situations that can lead to us feeling stressed and that negatively effect our wellbeing. In this program you will learn about causes of stress and various coping strategies and techniques that can help you tackle and manage stressful situations. **Thursdays 4:00pm-5:30pm (ONLINE)**

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. **Wednesdays 3:30pm – 5:00pm (ONLINE)**



Badminton | Are you new to badminton or would like to learn to play it for fun? This program is an introduction to this amazing racquet sport. This program will take place at a community centre, therefore **vaccine passport will be required**. **Mondays 1:00pm-3:00pm (Creekside Community Centre)**



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Gym Orientation | Does the gym feel intimidating? Not sure how to use the equipment? Join this small group program to learn how to exercise safely, familiarize yourself with the community centre weight room, and leave with a basic fitness routine. This program will take place at a community centre, therefore **vaccine passport will be required**.
Thursdays 10:30am-11:30am OR Thursdays 12:00pm – 1:00pm (Mt. Pleasant Community Centre)

Walking Group Leisure | We all know that walking is so important, but it can be hard to find motivation to do it in the wet weather. Join our leisurely walking group to commit to your health, socialize and encourage each other to get out each week, regardless of the rain! **Mondays 2:30pm -4:00pm (OUTDOORS Granville Island)**

Walking (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 2022.
Wednesdays 11:30am – 1:00pm (OUTDOORS-SEAWALL)

Introduction to Yoga | Join this beginner yoga group to learn and practice various yoga techniques. The group will take place online via zoom. **Tuesdays 4:00pm– 5:00pm (ONLINE)**

Social Skills

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.
Mondays 11:00am-12:00pm (ONLINE)

Shyness and 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. **Wednesdays 11:00am-12:00pm (INPERSON/OFFICE)**

Employment Readiness and Essential Skills

Savvy Budgeting | Learn the importance of managing your time and money to help you reach your goals. Learn strategies, techniques and tools to learn to manage your time and GET THINGS DONE. Also develop a money management budget plan to help you reach your financial goals. **Wednesdays 11:00am -12:00pm (ONLINE)**

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 4:00pm– 5:30pm (ONLINE)**

ODG Gives Back | The secret to happiness is helping others. Learn about local volunteering and opportunities and participate in a variety of volunteer projects. This program focuses on giving back to others in the community. **Thursdays 1:00pm– 2:30pm (ONLINE/INPERSON)**



Youth and Young Adults (ages 17-26)

GO Youth | Do you want to have some fun and enjoy community outings? Join this fun social program where you can meet with peers in encouraging group atmosphere, attend outings in the community and have candid conversation with others. **Wednesdays 3:30pm-5:00pm (INPERSON)**



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New

New Year's Social Hiking Event

Start the New Year on the right note! Connect with nature and other thrive participants for this walk through Pacific Spirit Park on **Thursday, January 6th at 1:00pm**. Please **RSVP**



How to register:

- Choose a group program based on your goals. Max of 2 programs per term.
- Respond to the thrive.registration@opendoorgroup.org email and cc your recreation therapist to set up an appointment to discuss your goals and program registration.
- Once you are registered for a program, you will receive a Zoom link and more information about the location of your program via email.