

# Build Hope

## What's Included?

Once you join the Mental Health Program, you will have the support of skill-building courses and workshops plus fun leisure activities. You also get access to the YMCA-YWCA of Winnipeg health and fitness facilities because we believe that health involves the whole person: spirit, mind and body!

See our fall course and workshop list inside for more details.

## Is it Right for Me?

If you are at a stable place with your mental health, interested in building skills and personal supports and able to attend once a week, you may self-refer to take part. The Mental Health program is designed for adults over 18. Ask about Y Mind for youth mental health by calling 204-306-9735.

## How Do I Get Started?

Call 204-989-4194 or get a referral form at [ywinnipeg.ca/mentalhealth](http://ywinnipeg.ca/mentalhealth) and email or send it in. We will schedule an interview to help you select programs, review your goals and set your start date.



“Through the stories of classmates, the course material and the genuine care you receive from the instructor, you start to feel hopeful again.”  
- Meagan

“The future looks a whole lot brighter for me now ... I am now truly enjoying my whole new life.”  
- Wayne

“Thanks to these programs I'm happier, more confident, made some lifelong friends, and the most valuable thing of all - HOPEFUL for the future, which is priceless!”  
- Stacey



**YMCA-YWCA  
of Winnipeg**  
Mental Health: Learning  
and Leisure Centre

## Build Skills



## Build Connections



**YMCA-YWCA  
of Winnipeg**

**Mental Health:  
Learning & Leisure Centre**

LL103-290 Vaughan Street  
Winnipeg, Manitoba R3B 2N8  
Phone: 204-989-4194

Email: [rebecca.trudeau@ymanitoba.ca](mailto:rebecca.trudeau@ymanitoba.ca)

[ywinnipeg.ca/mentalhealth](http://ywinnipeg.ca/mentalhealth)

Funding  
provided  
by:



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé



**United Way**  
For a Better Winnipeg

**Fall 2022 Courses & Workshops**

## SKILLS GROUPS

Groups Held In Person Unless Otherwise Noted

### Mindfulness Mondays

DROP-IN

Engage in a mix of relaxing mindfulness, light stretching and movement, meditation and grounding activities. Mats, meditation pillows and weighted blankets are provided.

**Mondays, 10:00 am - 11:30 am**

**September 26 – December 5**

*(No class Monday, October 10)*

*Drop-in for one or all the sessions*

### Book Club

WORKSHOP

#### The Mindful Self-Compassion Workbook

Discover and begin to practice self-compassion. Unlike a traditional course, these practical sessions guide you through a workbook with opportunities for reflection, discussion and connection. Workbook included (please pick-up at 103-290 Vaughan Street).

#### Learn about:

- letting go of resistance;
- loving kindness;
- stages of progress;
- living deeply;
- being there for others without losing yourself;
- meeting difficult emotions;
- self-compassion and shame;
- relationships, caregivers, and forgiveness;
- embracing the good; and
- self-appreciation.

**Tuesdays, 4:00 pm - 6:15 pm**

**September 27 – December 26**

*10 sessions; Register to join us*

### Coping Skills for Depression

SKILL COURSE

Enhance your awareness of your current coping skills and develop new ones to manage depression.

#### Learn about:

- symptoms and risk-factors;
- self-nurturing behaviours;
- CBT (Cognitive Behavioural Therapy);
- the impact of your thoughts;
- stress management;
- raising energy levels; and
- the importance of social support.

**Mondays, 1:00 pm - 3:15 pm**

**September 26 – December 5**

*(No class Monday, October 10)*

*10 session course; Register to join us*

### Whole Body Wellness

SKILL COURSE

Improve your lifestyle for improved well-being. Your sleeping, eating and moving patterns impact your mental health. Explore motivation, behaviour change and goal setting to help you make successful changes. Movement and a healthy snack is included in each session.

**Wednesdays, 1:00 pm - 3:15 pm**

**September 28 – October 26**

*5 session course; Register to join us*

### Boundaries in Relationships

SKILL COURSE

Learn how to recognize, set and keep healthy boundaries. Explore challenges to this goal and work to overcome feelings of guilt when standing up for yourself. Build assertive communication skills, gain an understanding of your values and the values of others, and create agreements to ensure boundaries continue to work.

**Wednesdays, 1:00 pm - 3:15 pm**

**November 2 – November 30**

*5 session course; Register to join us*

### Managing Grief

ONE DAY

#### A grief workshop to learn about:

- defining grief;
- various stages, processes, and experiences of grief;
- making meaning out of grief; and
- loss, healing and recovery.

**1:00 pm - 3:15 pm**

**Monday, December 13**

*Register to join us*

### Recognizing Resilience

ONE DAY

#### A resilience workshop to learn:

- to recover from difficult experiences and setbacks, adapt, move forward and sometimes even experience growth;
- how we can all develop skills to become stronger mentally and emotionally; and
- how to cope with disruptive change, even under pressure.

**4:00 pm - 6:15 pm**

**Tuesday, December 14**

*Register to join us*

### The AAABCs of Stress

ONE DAY

#### A stress management workshop to learn to:

- explore strategies for dealing with stress;
- practice applying coping strategies in stressful situations; and
- create a plan for dealing with a current stressor.

**1:00 pm - 3:15 pm**

**Wednesday, December 15**

*Register to join us*

## LEISURE GROUPS

As a program member, you may choose to be in one of four groups offered each week. Enjoy time to socialize in a welcoming, group that shares similar challenges. Activities vary.

**REGISTER FOR FALL SKILLS GROUPS STARTING SEPTEMBER 19**

**CONTACT US AT 204-989-4194 | YWINNIPEG.CA/MENTALHEALTH**