

# Build Hope

## What's Included?

Once you join the Mental Health Program, you will get 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 204-989-4194.

## 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 Services

## Build Skills



## Build Connections



**YMCA-YWCA  
of Winnipeg**

**Mental Health Services**  
301 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  
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Caring for Health

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



**United Way**  
For a Better Winnipeg

**Fall 2023  
Courses & Workshops**

## FREE WORKSHOPS & COURSES

Registration is required unless otherwise noted.

### Mindfulness Mondays

DROP-IN

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

**Mondays, 10 - 11 a.m.**

**September 11 – December 11**

*(No session October 9)*

*Drop-in for one or all the sessions. Registration is not required.*

### Time Management 101

WORKSHOP

Assess your time management style and engage in topics such as identifying personal priorities, procrastination and productivity.

**Wednesday, September 6: 1 - 3:15 p.m.**

### Body Neutrality and Appreciation

WORKSHOP

What does it mean to respect our bodies even if we don't love them? Explore the concepts of body neutrality, appreciation, self-compassion and radical self-love.

**Monday, September 11: 1 - 3:15 p.m.**

### Discovering Your Values

WORKSHOP

When anxiety or other challenges are not guiding your decision-making, it creates a space. Learn to use values to guide yourself towards a more meaningful life with behaviours and choices that are important to you.

**Wednesday, September 13: 1 - 3:15 p.m.**

### Addiction as a Rite of Passage

WORKSHOP

Explore the healing potential of using a rite of passage metaphor to help break free from the cycle of addiction. The main phases include: separation-wanting to break away from an addictive lifestyle; liminal - a period of disorientation and confusion as one begins to let go of the addict identity, and; reincorporation - having arrived at a new way of living and being in the world free from addiction.

**Monday, September 18: 1 - 3:15 p.m.**

### Self-Care

WORKSHOP

Gain an understanding of self-care and why it's important to integrate it into daily life. Learn various skills and methods of self-care and create a plan you can use when learning to cope with your mental health.

**Wednesday, September 20: 1 - 3:15 p.m.**

### Managing Anger

SKILL COURSE

Change old habits and styles of reacting and behaving. Learn that anger management is not the process of eliminating anger but rather the process of using self-awareness to make anger work for you. Topics include anger prevention, styles, thoughts, beliefs and the S.T.O.P. strategy. Non-violent boxing practice with equipment is a component of this course.

**Mondays, 1 - 3:15 p.m.**

**October 2 – 30** *(5 sessions)*

### Communicating in Relationships

SKILL COURSE

Explore effective communication tools including communication styles, conflict resolution, active listening and more. \*NEW\* themes related to non-violent communication.

**Wednesdays, 1 - 3:15 p.m.**

**October 4 - December 6** *(10 sessions)*

SKILL COURSE

### Mind, Body & Spirit Wellness Day

The mind, body and soul connection plays an integral role in our overall health and well-being. Join us for a fun and interactive day of self-discovery with various hands-on activities and practices focusing on mind, body and spirit care.

**Friday, 10 a.m. - 3 p.m.**

**September 29**

### Book Club: The Body Image Workbook

SKILL COURSE

What would it feel like to accept and enjoy the way you look instead of constantly worrying about and criticizing it? What if, instead of focusing on your flaws, you felt confident with the body you have right now? This book offers a comprehensive program to help you build a relationship with your body, celebrate it, discover its strengths and vulnerabilities and guides you in creating a new life-changing experience of acceptance. After completing the book club, you will hopefully see the beauty of the real you.

**Mondays, 1 - 3:15 p.m.**

**November 6 - December 11**

*5 sessions (no session November 13)*

## 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 SESSION SKILLS GROUPS  
REGISTRATION OPENS AUGUST 16**

**CONTACT US AT 204-989-4194 | [YWINNIPEG.CA/MENTALHEALTH](http://YWINNIPEG.CA/MENTALHEALTH)**