

Drop-in Program: no registration required**Mindfulness Mondays**

January 15 - April 29 • 10am - 11am
(no session February 19)

Participants will engage in a variety of relaxing mindfulness activities, light stretching and movement, meditation and grounding practices. Mats, meditation pillows and weighted blankets are provided for use.

In-person Workshops: Registration required**Go for the Gold**

Wednesday, January 17 • 1:00pm - 3:15pm

A workshop designed to help participants set goals and make lifestyle changes. Participants will learn the benefit of setting S.M.A.R.T goals and how to take steps to achieve them.

Intro to Cognitive Behavioural Therapy

Wednesday, January 24 • 1:00pm - 3:15pm

Learn about the Cognitive Behavioural Model. Workshop will also include information on how to identify and evaluate automatic thoughts and beliefs, and how doing this can change the impact they have on emotion and behavior.

Finding Forgiveness

Wednesday, January 31 • 1:00pm - 3:15pm

Join us to delve into a widely debated yet very important topic – forgiveness. Learn the true definition of forgiveness, it's benefits, the effects of holding a grudge and the process in which we experience a change in feelings, attitudes, thoughts and actions in order to reach a state of forgiveness.

In-person Courses: Registration required**Living Better: Presented by the Community Nutrition Education Program**

Wednesdays: January 8 - February 5
1:00pm - 3:15pm

Living Better is a community program designed to bring awareness about general nutrition and physical activity information to individuals with mental health concerns. The program is broken down into five sessions and focuses on healthy eating, physical well-being, and social interaction. This program will be delivered by a volunteer through the CNE program.

Managing Stress

Mondays: February 12 - March 18

1:00pm - 3:15pm
(no session February 19)

Stress is our reaction to demands placed on us, including demands for change. Stress is a natural part of life. Experiencing major or chronic stress, however, can lead to worsening of mental health and/or trigger an episode of mental illness. Each session in Managing Stress is skill focused. The course provides an engaging, enjoyable, interactive process that helps participants learn the facts about stress, discover skills for managing stress, learn new coping strategies, and take concrete steps toward making positive changes.

Coping Skills for Depression

Wednesdays: February 14 - April 17
1:00pm - 3:15pm

This course will enhance participants' awareness of their current coping skills and to help develop new skills to manage depression. Topics covered include: the impact of thoughts on feelings; developing assertiveness; building self-esteem; self-nurturing behaviours; raising energy levels; and the importance of social support.

Book Club: *The Set Boundaries Workbook*

Mondays: April 1 - April 29
1:00pm - 3:15pm

We all want to have healthy boundaries. But what does that really mean – and what steps are needed to implement them in our daily lives? Sought-after therapist and relationship expert Nedra Glover Tawwab presents clear explanations and interactive exercises to help you gain insight and then put it into action. Filled with thought-provoking checklists, questions, writing prompts, and more. The *Set Boundaries Workbook* is a valuable tool for everyone who wants to speak up for what they want and need, and show up more authentically in the world.