

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

May 6 - June 3, 2024 • 10am - 11am
(no session May 20)

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**Managing Grief**

Monday, May 6 • 1:00pm - 3:15pm

A workshop that explores one of the most challenging human experiences: Grief. Participants will learn about the different types of grief, how it's processed and skills that can help to better manage it.

Purpose and Meaning

Monday, May 13 • 1:00pm - 3:15pm

Learn about and discuss how to discover your purpose and meaning – a central self-organizing life aim, which allows you to become more in touch with yourself, explore your potential and provide you with a roadmap to your future so that you can spend your time intentionally and wisely.

Mindfulness Retreat

Friday, June 7 • 10:00am - 3:00pm

Engage in a variety of relaxing mindfulness, meditation, and grounding activities. Explore the seven attitudinal foundations of mindfulness. Mats, meditation pillows and weighted blankets are provided.

Life, It's Worth Living

Wednesday, July 17 • 1:00pm - 3:15pm

Participants will explore and practice the skill of affirming personal strengths through the use of positive psychology and gratitude exercises.

Embodied Conflict Resolution

Monday, July 22 • 1:00pm - 3:15pm

Learn about the foundational approaches to embodied conflict resolution through body centered practices, trauma-informed techniques & anti-oppression principles.

Vitamins & Micro-Nutrients for Mental Health

Wednesday, July 24 • 1:00pm - 3:15pm

What are the essential micro-nutrients needed to help maintain mental health? Learn about the food and supplements that help with stress management, mood regulation, sleep and other important lifestyle factors.

In-person Courses: Registration required**Building Self-Esteem**

Wednesdays: May 8 - July 3 (no session June 26)
1:00pm - 3:15pm

Learn to identify and challenge negative thought patterns and critical self-talk; as well as develop an understanding of your personal strengths, self-compassion, identity, beliefs, values and more. Explore barriers that hold you back from healthy self-esteem and experiment with ways to improve feelings of self-worth.

Skill Development: Therapeutic Art Sessions

Join us for a chance to translate and transform your learnings and experiences using artistic expression! Topics include identity and self-esteem, body image, Acceptance and Commitment Therapy (ACT), stress, and mindfulness. Each session will include an overview of the topic followed by an art-based activity. All supplies provided.

Participants may register for up to 3 of the following sessions:

Acceptance & Commitment Therapy (ACT)

May 27 • 1:00pm - 3:15pm

Body Image

June 3 • 1:00pm - 3:15pm

Mindfulness

June 10 • 1:00pm - 3:15pm

Identity and Self-Esteem

June 17 • 12:00pm - 3:15pm

Stress Management

June 24 • 1:00pm - 3:15pm