

Fall 2025 – Skill Development Courses & Workshops

Drop-in Program: no registration required

Mindfulness Mondays

September 8 – December 1st 10 – 11 AM

(No sessions October 13th)

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

Fall Goal Setting

Monday, September 8th 1:00 – 3:15 PM

Kick off the new season with clarity and intention! This workshop is designed to help participants reflect on the past few months, set meaningful goals for the fall, and create an actionable plan to stay motivated and focused.

Vitamins & Micro-nutrients for Mental Health

Wednesday, September 10th 1:00 – 3:15 PM

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.

Stress Management Basics

Wednesday, September 17th 1:00 – 3:15 PM

Learn practical tools to navigate stress with confidence and calm. This workshop offers a supportive space to explore the sources of stress in

daily life and introduces effective techniques—such as mindfulness, breathing exercises, and more—to reduce overwhelm and build resilience.

Body Image Art Session

Thursday, October 16th 4:00 – 6:15 PM

Explore body image through the healing power of art. This creative, judgment-free workshop invites participants to reflect on their relationship with their bodies using various forms of artistic expression. No artistic experience needed.

Mindfulness Retreat

Friday, November 14th 10:00 AM – 3:00 PM

Participants will engage in a variety of relaxing mindfulness, meditation, and grounding activities. We will also explore the 7 attitudinal foundations of mindfulness. Mats, meditation pillows and weighted blankets are provided for use. Light refreshments provided.

Combating Loneliness

Thursday, December 4th 4:00 – 6:15 PM

Loneliness is a common human experience, but you don't have to face it alone. This workshop explores the root causes of loneliness and offers practical tools to build meaningful connections. Through reflection, group activities, and open conversation, participants will leave with strategies to foster deeper relationships and a stronger sense of belonging.

In-person Courses: Registration required**Coping Skills for Depression**

Mondays, September 22nd – December 1st 1:00 – 3:15 PM

(no session October 13th)

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 Cure for Loneliness by Dr. Bill Howatt

Wednesdays, September 24th – October 29th 1:00 – 3:15 PM

We are wired for social connection; our mental health depends on it. From a simple smile from a stranger on the street to a hug from a relative or close friend, we humans thrive when we feel connected to one another. And yet, loneliness is on the rise. The good news is, you don't have to continue suffering in silence. In this book, renowned mental health expert and addictions counselor Dr. Bill Howatt drills into the root causes of isolation and loneliness, and shows you how to conquer them to achieve a more fulfilling, enriching life. Through a compelling mix of real-life case studies, self-reflection exercises, and cognitive behavioral techniques, you'll learn how to recognize your own self-limiting thoughts and behaviors, unlock your mental traps, and close the social connection gaps in all areas of your life.

*Book provided

Embodied Conflict Resolution in Action

Wednesdays, November 5th – December 3rd 1:00 – 3:15 PM

Learn about the foundational approaches to embodied conflict resolution through body centered practices, trauma-informed techniques and anti-oppression principles. This course will have a focus on practical application that will include scenarios, role playing and other hands-on practices.

Registration opens Monday, August 25th at noon. Contact

Rebecca.mcmurray@ymanitoba.ca / 204-989-4197 to register.

Must attend info session/intake to register.