

## Winter 2026 – Skill Development Courses & Workshops

### Drop-in Program: no registration required

#### Mindfulness Mondays

January 12<sup>th</sup> – March 30<sup>th</sup> 10 – 11 AM  
(No Session on Feb. 16<sup>th</sup>)

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

#### Intention Setting: Looking Back & Moving Forward in 2026

Monday, January 12<sup>th</sup> 1:00 – 3:15 PM

This workshop offers a time to reflect on the highlights and challenges of the past year, identify areas of growth and strength, and set your sights on ways to continue your journey in the new year.

#### Time Management 101

Wednesday, January 14<sup>th</sup> 1:00 – 3:15 PM

This workshop is designed to help members learn about time management and the purpose of it, discuss a variety of helpful tools in managing our time more effectively and provide opportunity to practice tools learned.

### Boundaries in Relationships

Monday January 19<sup>th</sup> 1:00 – 3:15 PM

Healthy boundaries are essential for building respectful and supportive relationships. This workshop explores how to identify personal limits, communicate them clearly and maintain them in various relationship contexts. Participants will gain practical tools to foster emotional well-being and strengthen their connections with others.

### In-person Courses: Registration required

#### Understanding and Managing Anxiety

Mondays January 26<sup>th</sup> – April 6<sup>th</sup>  
1:00 p.m. – 3:15 p.m. (No class February 16<sup>th</sup>)

This course will help participants understand anxiety including the physical, emotional and behavioural symptoms of anxiety; thinking patterns that increase anxiety and characteristics of various anxiety disorders including generalized anxiety, obsessive compulsive disorder (OCD) and Post-Traumatic Stress Disorder among others. The course will also help participants develop positive coping tools to manage their anxiety. These strategies include focused breathing and deep relaxation; mindfulness and meditation; acceptance and defusion techniques, cognitive restructuring; gradual exposure and breaking reactive patterns.

**Seed Money Management Training**Wednesdays January 28<sup>th</sup> – March 18<sup>th</sup>

1:00 – 3:15 PM

Gain new knowledge and practical tools to help manage your money. This course is designed specifically for people living on low income. Topics include:

- Money choices
- Asset building
- Community Economic Development
- Budgeting
- Financial services
- Credit
- Debt

Participants of this course will then be eligible to participate in the SEED saving circle matched savings program. This course is presented in partnership and facilitated by SEED Winnipeg.

**Body Image and Self-Esteem**Thursdays January 29<sup>th</sup> – February 26<sup>th</sup>

5:00 – 7:15 PM

This course explores the foundations of self-esteem and body image, helping participants understand how personal narratives and societal influences shape how we see ourselves and our bodies. Through guided reflection and group discussion, we'll identify patterns that impact confidence and self-worth. Therapeutic art practices will be used throughout the course to support emotional expression, self-discovery, and healing. No artistic experience is required—just a

willingness to explore and create in a supportive environment.

**Book Club: It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn**Thursdays March 5<sup>th</sup> – April 2<sup>nd</sup>

5:00 p.m. – 7:15 p.m.

*Depression. Anxiety. Chronic Pain. Phobias. Obsessive thoughts.* The evidence is compelling: the roots of these difficulties may not reside in our immediate life experience or in chemical imbalances in our brains—but in the lives of our parents, grandparents, and even great-grandparents. The latest scientific research, now making headlines, supports what many have long intuited—that traumatic experience can be passed down through generations. Even if the person who suffered the original trauma has died, or the story has been forgotten or silenced, memory and feelings can live on. These emotional legacies are often hidden, encoded in everything from gene expression to everyday language, and they play a far greater role in our emotional and physical health than has ever before been understood.

\*Book provided

**Registration opens  
Monday, December 15<sup>th</sup> at noon.**

**Must attend info session/intake to  
register.**