



Canadian Mental
Health Association
Durham

WELCOME TO RECOVERY COLLEGE WELLNESS CENTRE



THE JOURNEY IS YOURS



cmha@cmhadurham.org



905.436.8760

Helping People
Move Forward

At Recovery College Wellness Centre, our educational-based approach focuses on helping people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's recovery journey. All our courses are developed and delivered in partnership with our Peer Supporters who are experts by experience. Each Peer Supporter has their own story of mental illness, substance use, or supporting a loved one.

WE OFFER



Interactive COURSES that create positive learning experiences, emphasizes connection, hoping and belonging



PEER SUPPORTER led courses from individuals who are experts by experience



Customized SCHEDULE developed collaboratively with a staff member to fit your needs as best as possible.

ONLINE COURSES AVAILABLE NOW

- Self paced
- Moderated Daily
- Available during Pandemic

ONLINE COURSES



Wellness Plan

This workshop will guide you in making your own wellness plan that can help you maintain your wellness during COVID-19 pandemic. During this workshop, you will explore and define your wellness tools. You will also explore what things may cause you stress and how to use your wellness tools to help you stay well.

To register for this class email Pam at pamelap@cmhadurham.org



Coping with Fatigue: Taking back Control

COVID-19 is creating one of the biggest changes many of us will experience. The changes are not just happening within our homes but within our communities, country, and internationally. This self-paced course will guide you in how to take back control during this unprecedented time of change.

To register for this class email Kristen at kristenb@cmhadurham.org



Jedi Mindfulness

Mindfulness is a simple and powerful tool that you can practice to help centre yourself. This course will help you harness The Force within you through meditations, DBT based skills, and breathing exercises. You will be able to journal and track the impact that your mindfulness activities are having on your mental and physical well-being and hopefully, create some healthy habits that will carry you through this Pandemic and beyond.

To register for this class email Kristen at kristenb@cmhadurham.org



Spell Book

To combat COVID-19 we are running a marathon of social and physical distancing. And the problem with marathons is that they are long and the sense of achievement is far in the distance. This curated Spell Book of recipes is intended to help you feel a sense of accomplishment. You will be asked to experiment, take pictures, and offer reflections on each recipe result. Fun for the whole family!

To register for this class email Marie at mariel@cmhadurham.org

ONLINE COURSES

Bucket List Makeover



Perhaps your bucket list prior to COVID-19 contained items like skydiving; swimming with dolphins; building houses in Costa Rica; swimming in the Great Barrier Reef; and checking out the San Diego Comic-Con. Now you might find yourself saying that you'd just like to grab a coffee with a friend; pop over to your brother's place for a poker night; go to the movies with your partner; or host a backyard BBQ. This course will guide you on how to make and decorate your bucket and then fill it with all your new bucket list items that you can pick out once this pandemic is over!

To register for this class email Kristen at kristenb@cmhadurham.org

My Story, My Voice



Are you looking for a way to find some meaning from all of this chaos? Do you want to record your experience of living through this historical time? My Story, My Voice helps the novice writer and the literary guru alike to share their thoughts, emotions, and experiences in a variety of ways. Explore traditional journaling; bullet journals; 6 word memoirs; creative writing; and so much more. This course also includes opportunities to share your writing with community projects and our own CMHA Durham Anthology.

To register for this class email Kristen at kristenb@cmhadurham.org

Tolerance for Uncertainty: A COVID-19 Workbook



Are you, like so many others, feeling anxious about all the unknowns of this pandemic? Are you feeling exhausted from the constant newsreels, projections, estimations, and general uncertainty? This course is built around a workbook created by Dr. Sachiko Nagasawa. It will take you through some self-care tips, stress management, DBT skills, and self-compassion exercises to help build your resilience.

To register for this class email Marie at mariel@cmhadurham.org



ONLINE COURSES

The TED-Ed project — TED's education initiative — makes short video lessons worth sharing. Within TED-Ed's growing library of lessons, you will find carefully curated educational videos, many of which are collaborations between educators and animators nominated through the TED-Ed platform. Here are 3 by the Recovery College Wellness Centre. To participate, just click on the link of the TedEd you wish to view!

Are You a Good Listener? <https://ed.ted.com/on/twQdU7CL>

Stephen R. Covey said, "Most people do not listen with the intent to understand; they listen with the intent to reply."

You can find countless of books, videos and audio files on how to improve your ability to verbally communicate. There is less emphasis put on the importance of listening. Our ability to listen effectively can make or break a conversation.



Are There Universal Expressions of Emotions?

<https://ed.ted.com/on/K1AqHiOz>

Do emotional expressions look the same around the world? Do expressions communicate the same meaning regardless of culture? Is one person's smile another's grimace? Let's find out!

Inside the Mind of a Master Procrastinator

<https://ed.ted.com/on/sRIVHA45>

Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window— and encourages us to think harder about what we're really procrastinating on, before we run out of time.



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Co-design Program development and implementation



REGISTER TODAY

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