Canadian Mental Health Association
Durham

WELCOME TO RECOVERY COLLEGE WELLNESS CENTRE

THE JOURNEY IS YOURS

RECOVERY COLLEGE WELLNESS CENTRE

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905.436.8760 x 293

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.

Winter 2022 Semester

- January 4 - April 1
- In-class and on-line
- Courses in RED are offered this semester

Foundational Classes & Courses

RCWC 101 Information Session

All persons interested in attending the Recovery Wellness Centre are asked to attend our RCWC 101 Information session. Here you will learn all about what the RCWC has to offer including detailed information about upcoming courses, the Peer Support Program, meet the team and find out how you can get involved right away. We offer this class bi-weekly on Thursday mornings.

Recovery Journeys (in-person and virtual)

All students are required to attend the Recovery Journeys course. Offered continuously throughout each semester, this course dives deep into the CHIME Framework, the pillars of personal recovery: Connectedness, Hope & Optimism; Identity, Meaning, Empowerment.

Co-Design [C, I, M, E]

What makes the Recovery College Wellness Centre different from traditional Adult Learning spaces is that it is built on the foundation of Co-Design. Students, community members, staff, educators, & stakeholders all provide feedback, guidance, and participate in the construction of how and what is offered through the Recovery College Wellness Centre. This course is a cornerstone designed to enhance participation in and keep Co-Design at the forefront of all we do. <u>This semester, students will be developing a course around Depression. Do you have lived experience with Depression? Join us and share your knowledge!</u>

School of Peer Support

Peer Support Core Competency Training [C, H, I, M, E]
The Peer Support Program is available to anyone seeking to expand their knowledge/understanding of peer supports at CMHA Durham. This training will provide you with the skills, knowledge, and tools to be a Peer Supporter with the Recovery College Wellness Centre.

Breaking the Code: Principles of Adult Learning [M, E]
It's important to understand the motivation behind why adults continue to learn and how they relate to their professional and personal development. Through discussions, demonstrations, group work, and independent studies, this course will explore the 8 principles of adult learning.

Facilitation 101: Adding the Secret Sauce [C, M, E]
Discover the secrets that make adult classrooms, meetings, and group sessions impactful and interesting. This course will dive into the skills, techniques, tips & tricks necessary to make any facilitated group successful.

The Art of Leadership [C, H, I, M, E]
Leadership is for everyone. Interactive activities and engaging discussions will guide you in building key leadership and mentorship skills such as empathy, cooperation, communication and more. Whether you want to be more of a leader at work or mentor a friend this course will help you lay the foundation of improving your leadership and mentorship skills.

Supportive Communication [C, H, I, M, E]
It is universally known that communication is an important life skill, but how does communication help us on our recovery journeys? Join the Recovery College Wellness Centre as we explore communication as a tool for establishing connections, fostering potential, and peer support. Learn about communication practices such as active listening and OARS, a technique derived from motivational interviewing.

School of Life (Skills)

Living Life to The Full [C, H, E]
Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full is a fun and interactive course that will help you understand your feelings, thoughts and behaviours, and what do about

Assert Yourself [C, H, I, M, E]
Being assertive is an important communication skill which can reduce your levels of depression and anxiety and improve your self-esteem. This class is designed to provide you with some information about assertiveness – what it is, what stops us from being assertive and how to become more assertive.

RentSmart [E]
Through the RentSmart certificate course, you will learn how to plan for housing; identify what landlords look for in choosing a tenant; improve your chances for getting the housing you need; learn how to improve your rental references and how to improve your credit rating. At the completion of the course you will receive a RentSmart certificate which lets landlords know you are serious about being a responsible tenant.

Budgeting Basics [H, I, M, E]
If you are feeling stressed by your finances, you are not alone. This interactive course takes it back to the basics of budgeting, credit, debt and more to help you gain knowledge and confidence when it comes to your money.

Self Discovery [I, M, E]
This course helps students discover who they are on the inside as well as how they communicate with the world around them. You will learn about concepts like self-awareness and boundary setting as well as how to promote self-esteem, self-confidence, and self care. You'll also learn how to build structure, routine, and healthy habits, and how to use your interpersonal skills effectively to build healthy relationships.

School of Life (Skills)

Soft Skills Solutions © [C, H, I, M, E]
Learn about the skills you need to compete and advance in today's job market. Taught by certified Soft Skills Solutions Trainers, the program covers important topics that will give you confidence and a competitive edge at your next job. Learn more about the key workplace skills employers are asking for: Communication; Teamwork; Personal Management; Problem Solving & Critical Thinking; and Professional Development.

Mindfulness & Meditation: When the Heart is at Peace, Mind is at Ease. (H, M, E)
Heartfulness is a suite of simple but effective core practices and micro practices to develop inner balance and inner strength. Heartfulness can be experienced by anyone – beginner or an experienced meditator. Throughout this 10 week course, you will learn the difference between relaxation and meditation, techniques to detox stress, anxiety, fear, and so much more.

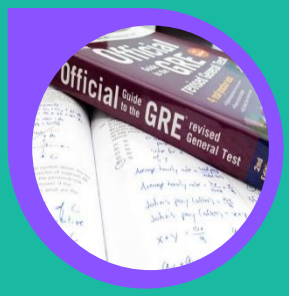
Creative Writing (C, H, I, M, E)
Do you enjoy writing? Are you looking to explore different ways of expressing your thoughts, feelings, and experiences? Then this class is for you! Join other would-be writers, as you explore different writing prompts, stretch your creative muscles, and share amazing original stories.

Open Doors, Open Arms [C, H, I, M, E]
A safe, non-judgmental and welcoming space to come together and have open and casual conversations about addiction. Individuals will come together to share their stories, participate in group activities to connect and support each other in their unique experiences surrounding addiction. Topics of discussion will be decided as a group and will vary from week to week. This group is open to everyone- whether you have personally struggled with addiction or have been affected by someone who has and would like to learn more.

School of Life (Skills)

Sleep Hygiene [H, E]

Sleep hygiene refers to the habits and behaviours people follow to prepare for and stay asleep. This webinar will discuss importance of sleep for mental and physical wellness and ways to establish healthy sleep hygiene and improve the quality of your sleep.



Up Skills for Work © from ABC Life Literacy Canada [C, I, E]

Soft skills help workers to be adaptable and motivated throughout their whole employment and as they move into new roles or careers. In other words, they lay the foundation for a strong and flexible workforce and for happy, fulfilled workers.

This course helps learners develop 9 key employability skills: Motivation; Attitude; Accountability; Presentation; Teamwork; Time Management; Adaptability; Stress Management; & Confidence.

Understanding Media during COVID-19 and Beyond [C, H, E]

COVID-19 has flooded our news outlets and social media pages. With so much information being shared and information changing every day it can be difficult and stressful to keep up. How do we know what we are reading and hearing is in our best interest? Media Literacy During COVID-19 and Beyond is an interactive and reflective 3 part webinar that will guide you through understanding the media and develop skills to determine fact from fiction.

Coping with Change Fatigue Workshop [H, E]

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 workshop will guide you in how to take back control during this unprecedented time of change.

School of Social & Recreational Support

Hello French! Bonjour Francais! (French Café) [C, E]
Learning a new language has proven to enhance brain function and reduce the burden of brain related diseases such as Alzheimer's. At the French Café, students have an opportunity to discuss varying topics pertaining to health & wellness, while learning French in a fun, comfortable environment. The French Café will also incorporate nutrition and food prep for immersion in French cuisine where students can learn the basics of French cooking.

Support Group [C, H, I, M, E]
Come join us for our weekly support group where every conversation matters. This course allows you to discover peer support, build friendships and communication skills. Topics vary from week to week.

Field Trips: Living CHIME [C, H, I, M, E]
Join this group for monthly outings and special events that help us live the CHIME framework of recovery in our every day lives, not just the classroom!

The Muse in Music [C, H, M]
Music and lyrics have a way of universally communicating shared experiences and bringing people together. This course looks at lyrics and music of popular songs and how they affect us emotionally, mentally, and even physically. Together you will discuss, discover, and share the power of song.

Yoga with Warrior Yoga [C, H, I, M, E]
These classes are for anyone looking to finally feel comfortable in their own skin, who want to make friends, & beginners to Yoga. Students will learn how basic movements can create ease & strength within the body & how to control the breath in any situation on or off the mat. This is a basic intro to Yoga where touching your toes is not a prerequisite. Every BODY can do Yoga!

Paint Class – St. Patrick's Day Theme [C, H, M]
Have you ever wanted to create a work of art, but lacked the confidence and experience? Look no further! This Peer-Led class will walk you through a step-by-step instruction. You'll have no trouble mastering the fine art of painting.

School of Social & Recreational Support

Games Group [C]
Join us for a fun time learning social and personal skills together using a variety of games. Any game level of complexity is welcomed. From cards to Dungeons & Dragons, we will embark on an epic games quest together!

Calligraphy for Mindfulness [H, E]
Have you ever wanted to learn calligraphy? Express yourself through creative lettering? Do you find concentrating helpful for your mental health? Then this class is for you! Join this peer-led course to learn how to use calligraphy as a way of being mindful. Clear your mind *and* create all at the same time!

Bibliotherapy [C, M]
This course is designed around themes, such as hope, love, resilience, & fear. Together you review book excerpts, quotes, articles, short stories, and other written prose that explore the theme and share insights and perspectives.

School of Clinical Studies

WRAP [C, H, I, M, E]

The Wellness Recovery Action Plan or WRAP Workshop is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. WRAP workshop will help you discover simple, safe wellness tools to help you overcome mental health issues and move on to fulfilling your life dreams and goals.

Dialectical Behaviour Therapy Skills Group: Building a Life Worth Living [C, H, I, M, E]

This Dialectical Behaviour Therapy (DBT) Skills Group will provide you with the skills to build a life you want to be a part of. Together, we will learn skills to help you better cope with stress and crisis, gain better control over your emotions, improve your communication skills and develop mindfulness of yourself and your environment.

Art Therapy [C, H, I, M]

In art therapy sessions, making pretty art is not our goal and Art Therapists do not teach individuals how to make art. Art Therapy is a way to express oneself using a creative process. It helps in expressing feelings; provides a sense of control; is a coping skill; reduces pain & anxiety; helps with self-awareness & discovery; and manages stress & helps with relaxation.

Addiction Support Group [C, H, E]

Struggling with addiction? New to sobriety? Our informal Addiction Support Group will guide you in building key personal strengths such as combating cravings, understanding triggers, identifying coping skills, setting goals, and more. In addition to this, you will have the opportunity to engage in meaningful discussions on relapse management/prevention, the importance of mindfulness in recovery, and personal experiences which will provide support and feedback through interactive activities. Whether you want to learn new skills to reduce your substance use, or maintain your sobriety, this course will help you achieve your goal by preparing you with the essential tools to be

Tolerance for Uncertainty [C, H, I, E]
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.

Explorations of Music Therapy [C, H, I, M, E]
Run by a licensed Music Therapist, the purpose of this course is to experience the various foundations of music therapy through focus on therapeutic activities and explorations. Through online small group activities, participants will have the opportunity to learn the therapeutic use of music in different capacities and delve into personal relationships with music. Activities will include components of song analysis/discussion, song writing, music and imagery, and interactive music making.

Understanding Common Mental Health [I, M, E]
In this course you will learn to identify the differences between mental health and mental illness while also being able to identify the different mental health disorders and what characteristics define them. This course will also explain what a mental health advanced directive is and why it is important for all clients to create one for their crisis plan. Through group discussion, activities and online resources you will discover why mental health matters to you and those in your community.

Powerful Tools for Caregivers [I, E]
This course gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

DBT in Action [C, H, I, M, E]
This group for individuals who want to continue their DBT practice. Over 7 weeks, students will set skills practice goals to continue the development of their mindfulness, distress tolerance, emotion regulation and interpersonal skills. Students will share their successes and indicate areas of improvement within a supportive group of peers. Students will also learn new DBT skills to expand their coping toolbox even further. Students MUST have completed a DBT Skills Group before joining DBT in Action.

REGISTER TODAY

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Co-design Program development and implementation