

JANUARY 2018: Community Connections Program - AURORA Schedule

15150 Yonge St. Aurora (Ground Level) - 905-841-3977 Ext. 4248 - www.cmha-yr.on.ca

Access from back parking lot off of Temperence St. or through Yonge St. entrance.



Monday Drop-in 1-3:30pm	Tuesday Drop-in 1-3:30pm	Wednesday Drop-in 1-3:30pm	Thursday Drop-in 1-3:30pm	Friday Drop-in 1-3:30pm
<p>1 PROGRAM CLOSED FOR HOLIDAY</p> 	<p>2 ☎ 10-12:30 - Back in the Saddle (Closed)</p>	<p>3 ☎ 12 -1 - 5-Point Acupuncture (Closed) ☎ 1:45-2:45 - Yoga @ Yoga Source ☎ 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression</p>	<p>4 10 - 1 - Resource Centre Drop-In 10-11 - Mindfulness (2nd floor) ☎ 10:30-12 - *NEW* Mall Walks ☎ 11-12 - Games ☎ 1:30-2:30 - Learning with Aaron ☎ 2:30 - 3:30 - Music with Shelley</p>	<p>5 10-11 - CBT (2nd flr boardroom) ☎ 10:15-11:45 - Art with Heart ☎ 12 - 1 - Fun with Juicing ☎ 1:30 - 3:30 - *NEW* Volunteering with Ontario Society for the Prevention of Cruelty to Animals (OSPCA) (Sign up with Shauna)</p> 
<p>8 ☺ 1:15 - 2:15 - New Member Orientation ☎ 2 -3 - *NEW* Basic Computer Skills at Richmond Hill Public Library (RHPL) (sign up with Shauna) ☎ 2:30-4 - Peerzone: Managing Your Lifestyle</p> 	<p>9 ☎ 10-12:30 - Back in the Saddle (Closed) ☎ 2 - 4- Community Volunteering at ReStore (sign up with Shauna)</p> 	<p>10 ☎ 12 -1 - 5-Point Acupuncture (Closed) ☎ 1:30 - 2:30 - *NEW* Introduction to WRAP (closed) ☎ 2:30 - 3:30 - Nutrition ☎ 1:45-2:45 - Yoga @ Yoga Source ☎ 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression</p> 	<p>11 10-11 - Mindfulness (2nd floor) PROGRAM CLOSED FOR OUTING Skating at Nathan Philips Square See poster for more information, sign up with Erin by Jan 9</p> 	<p>12 10-11 - CBT (2nd flr boardroom) ☎ 10-1 - Career Café ☎ 10:15-11:45 - Art with Heart ☎ 10:30 - 12:30 - Cooking ☎ 1 - 4 - *NEW* Volunteering with OSPCA (closed) - All Teams Training ☎ 1:30-2:30 Themes of Recovery</p> 
<p>15 ☺ 1:15 - 2:15 - New Member Orientation ☎ 2 -3 - *NEW* Basic Computer Skills at RHPL (sign up with Shauna) ☎ 2:30-4 - Peerzone: Managing Your Lifestyle</p> 	<p>16 ☎ 10-12:30 - Back in the Saddle (Closed) ☎ 10-11:30 - *NEW* Pain Management ☎ 1 - 2 - *NEW* Introduction to Ending Self Stigma (closed) ☎ 2 - 4- Community Volunteering at Yellowbrick House (sign up with Shauna)</p> 	<p>17 ☎ 12 -1 - 5-Point Acupuncture (Closed) ☎ 12:30 - 1:30 - Art and Conversation ☎ 1:30 - 3:30 - *NEW* WRAP (closed) ☎ 1:45-2:45 - Yoga @ Yoga Source ☎ 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression</p>	<p>18 10 - 1 - Resource Centre Drop-In 10-11 - Mindfulness (2nd floor) ☎ 10:30-12 - *NEW* Mall Walks ☎ 11-12 - Games ☎ 1:30-2:30 - Learning with Aaron ☎ 2:30 - 3:30 - Music with Shelley</p> 	<p>19 10-11 - CBT (2nd flr boardroom) ☎ 10:15-11:45 - Art with Heart ☎ 12 - 1 - Fun with Juicing ☎ 1 - 4 - *NEW* Volunteering with OSPCA (closed) - Blue Team ☎ 1:30-2:30 Themes of Recovery ☎ 2:30-3:30 - *NEW* Friday Funnies</p> 
<p>22 ☺ 1:15 - 2:15 - New Member Orientation ☎ 2 -3 - *NEW* Basic Computer Skills at RHPL (sign up with Shauna) ☎ 2:30-4 - Peerzone: Managing Your Lifestyle</p> 	<p>23 ☎ 10-12:30 - Back in the Saddle (Closed) ☎ 10-11:30- Pain Management ☎ 1 - 2 - Ending Self Stigma (closed) ☎ 1:30 - 2:30 - Dog Therapy ☎ 2 - 4- Community Volunteering at Welcoming Arms (sign up with Shauna)</p>	<p>24 ☎ 12 -1 - 5-Point Acupuncture (Closed) ☎ 12:30 - 1:30 - Goals Check-In ☎ 1:30 - 3:30 - *NEW* WRAP (closed) ☎ 1:45-2:45 - Yoga @ Yoga Source ☎ 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression</p> 	<p>25 10 - 1 - Resource Centre Drop-In 10-11 - Mindfulness (2nd floor) ☎ 10:30-12 - *NEW* Mall Walks ☎ 11-12 - Games ☎ 1:30-2:30 - Learning with Aaron ☎ 2:30 - 3:30 - Music with Shelley</p> 	<p>26 10-11 - CBT (2nd flr boardroom) ☎ 10-1 - Career Café ☎ 10:15-11:45 - Art with Heart ☎ 10:30 - 12:30 - Cooking ☎ 1 - 4 - *NEW* Volunteering with OSPCA (closed) - Red Team ☎ 1 - 2:30 - The 7 Grandfathers Teachings ☎ 2:30-3:30 - *NEW* Friday Funnies</p> 
<p>29 ☺ 1:15 - 2:15 - New Member Orientation ☎ 2 -3 - *NEW* Basic Computer Skills at RHPL (sign up with Shauna) ☎ 2:30-4 - Peerzone: Managing Your Lifestyle</p> 	<p>30 ☎ 10-12:30 - Back in the Saddle (Closed) ☎ 10-11:30 - Pain Management ☎ 1 - 2 - Ending Self Stigma (closed) ☎ 2 - 3 - Member's Meeting</p>	<p>31 CLOSED FOR STAFF EVENT</p>	<p>Please note: We try our best to ensure that groups occur as scheduled, but they <u>may be cancelled due to unexpected events</u>. We will do our best to inform you of changes ahead of time. Please see our calendar at the office, on our website, or join our email list to receive information on updates in the schedule. Updated on Dec 29, 2017</p> <div style="border: 2px dashed black; padding: 5px;"> <p>☎ Talking/Sharing/ Verbal Group ☎ Hands-On/ Talking Not Required ☎ *NEW* Family Welcome Groups (age 16+)</p> </div>	

AURORA Community Connections Group Descriptions

January 2018

5-Point Acupuncture – This group is designed specifically for individuals, family members and loved ones of clients involved with CMHA. 5 Point Protocol Acupuncture is a treatment used to reduced cravings, increase feelings of calmness, help sleep, reduce agitation, provide relief from emotional trauma, promote emotional balance, and/or discover inner quiet and strength. 5 Point Protocol Acupuncture consists of receiving 5 acupuncture needles in each ear. **Sign up with Elissa**, (group location - 2nd floor boardroom)

Art and Conversation – This peer run group provides a time to recharge, discuss and have fun with the arts in a creative and healing environment. Using various art supplies, each week will be themed to promote strength-based recovery.

Art with Heart – Art can touch the very deepest part of us where no words exist. This peer-led group will provide members with a safe and compassionate space to artistically express themselves. Group members will use paints, pastels and various other media to create and share. No experience necessary.

Back in the Saddle– An 8 week employment readiness program that takes place at the Horses At Heart Farm (17900 Dufferin St.), in which participants attend career readiness workshops once a week and also volunteer on the farm. Participants must apply for this program. **Sign up with Nancy Gagnon** at ngagnon@cmha-yr.on.ca.

***NEW* Basic Computer Skills** – This group at the Richmond Hill Public Library is a FREE 6-week course introducing computer basics for beginners including keyboard and mouse skills, as well as how to search the internet effectively. **Sign up with Shauna by January 5th**.

Birthday Celebrations – Members are invited to share in a cake once every three months to celebrate members' birthdays.

Career Café – Staff members from the employment program are available during this time for drop-in consultations regarding employment goals. Help is offered with job searching, résumé and cover letter writing, as well as career exploration.

Cooking – This group is facilitated by a volunteer with previous experience as a chef. Prepare and enjoy a meal while learning and developing cooking skills.

Community Volunteering - Discover your community in an exciting and meaningful way! In this group you can learn a new skill, connect with people, build your resume and contribute to the world around you. We will be in the community volunteering in groups with staff/volunteer support with different organizations – to learn more and **sign up contact Shauna**.

Dog Therapy – Come visit with a therapy dog from the St John Ambulance dog therapy program.

***NEW* Ending Self-Stigma** – This **closed group** introduces different strategies to adults with mental health issues who are having difficulties dealing with self stigma. The different strategies learned throughout this nine week workshop, will help participants learn how to deal with self stigma. **Sign up with Erin by January 16th**.

***NEW* Friday Funnies** – Join us for laugh as we look at our favorite funny clips and videos online, suggestions are welcome!

Fun with Juicing - Learn how to make tasty and healthy juices as we sample new recipes every week! Plus, learn all about the health benefits of each fruit and veggie to make the most out of your juice!

Games – Come and play all different types of games – board games, cards, brainteasers and more!

Goals Check In – A group for individuals to discuss the progress they are making in their goals for recovery, and to receive support, recognition and assistance with accountability with goals.

IMR (Illness Management Recovery) - This is a step-by-step program that helps people set meaningful goals for themselves, acquire information and skills to develop more mastery over their psychiatric illness, and make progress toward their own personal recovery. Topics covered include: recovery strategies, practical facts about mental illness, using medications effectively, coping with persistent symptoms, etc.

Knitting – Drop in to work on your knitting projects with others – supplies available if needed.

Learning with Aaron – This group is for anyone looking for educational support or anyone looking to sign up for any educational classes and groups.

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***NEW* Mall Walks** – Join us at Upper Canada Mall for a walk where you can browse store windows and stay indoors for your winter exercise. **Contact Karen at 647-300-6796 for meeting spot.**

Member's Meeting - This is a celebration meeting, where we celebrate people's successes as well as provide program updates. This is an opportunity for members to get to know each other, provide feedback about current programming and bring ideas for new programming. It is our way of working collaboratively with members to continuously ensure we are meeting your needs and providing the best quality programming possible.

Mindfulness - Mindfulness is a new way of being. It is being aware of your thoughts, emotions & physical sensations, non-judgmentally and in the present. Effects of mindfulness include reduced stress and decreased emotional distress.

Music with Shelley – This interactive group is facilitated by one of our program leaders. By using Youtube each person has the opportunity to share songs that mean something significant to them. We encourage discussion about the songs, especially how others felt after hearing it, keeping the content positive and encouraging.

New Member Orientation – All new members are invited to this weekly orientation session which explains more about CMHA, community resources, as well as providing a detailed description of the calendar and our programs. Following orientation a one on one interview will be scheduled to discuss individual goals and needs.

***NEW* Pain Management** - Chronic pain is any pain that lasts for more than three months and usually occurs after your initial injury has healed. This group can be of benefit if you have ongoing, chronic pain that interferes with your daily life and want to learn more about your pain and explore non-pharmacological strategies to help you feel better. This is an 12-session **closed group** and you must pre-register. **Contact Sharlene (ext 4242), Kelly (ext 4269) or Sara (ext 4252) for more information.**

Peerzone – Is both a peer support and recovery education initiative with a solid evidence base. Peer led workshops for small groups of people with mental distress or addictions.

Resource Centre Drop-In – Come in to our main space during this time to have a coffee, use the computer, get some work done, read a book, make a call and browse our boards and calendar and see what is going on at CMHA and the community.

Spirituality - This group discusses spirituality in the broadest terms recognizing that people come from differing places. It addresses such issues as healthy spirituality, self-esteem from the inside out, the importance of rituals in our lives, prayer and meditation, and telling our sacred story.

Support for Depression – A peer run support group for individuals struggling with depression that is held in the evenings.

***NEW* The 7 Grandfathers** – Explore these 7 spiritual principles of Aboriginal culture which include honesty, trust, wisdom, love, humility, courage respect.

Themes of Recovery - This group is based on the material of Pathways to Recovery – a strengths-based group based around improving one's life, coping strategies, and topics of mental health recovery.

Under the Rainbow Support Group - A safe and welcoming space run by peers where sexual and gender diversity is celebrated.
off in January, will be back in February

***NEW* Volunteering with OSPCA** – This group will be joining the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) every other week for a variety of tasks including working directly with small animals (such as cats, guinea pigs and rabbits).
Contact Shauna to sign up.

***NEW* Wellness Recovery Action Planning (WRAP)** – This **closed group** involves listing your personal resources, your Wellness Tools, and then using those resources to develop an Action Plan. WRAP is adaptable for any situation and can include a Crisis Plan or Advance Directive. WRAP is for everyone, anything, and for any of life's challenges. **Sign up with Erin by January 10th.**

Yoga @ Yoga Source – Held at 16925 Yonge St, Newmarket. This is a free drop-in Yoga class facilitated by a professional Yoga instructor.

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Youth Drop In – A drop-in evening program for youth ages 15-29. Youth can connect in a fun, laid-back environment. Activities include structured discussion topics, games, music, and pool.