












Monday Drop-in 1-3:30pm	Tuesday Drop-in 1-3:30pm	Wednesday Drop-in 1-3:30pm	Thursday Drop-in 10am-3:30pm	Friday Drop-in 1-3:30pm
<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 Oct 30, 2017</p>	<p>Talking/Sharing/ Verbal Group Hands-On/ Talking Not Required</p>	<p>1 <ul style="list-style-type: none"> 12 - 1 - 5-Point Acupuncture (Sign up with Elissa) 1-2 - Colouring Club 1:30- 2:30 - Learning with Aaron 1:45-2:45 - Yoga @ Yoga Source 2:30 - 3:30 - Goals Check-In 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression  </p>	<p>2 <ul style="list-style-type: none"> 10 - 1 - Resource Centre Drop-In 10-11 - Mindfulness (2nd flr boardroom) 11-12 - Games 1:30-2:30 - Art and Conversation 2:30 - 3:30 - Music with Shelley </p>	<p>3 <ul style="list-style-type: none"> 10-11 - CBT (2nd flr boardroom) 10:15-11:45 - Art with Heart 10:30 - 12:30 - Cooking 1:30-2:30 Themes of Recovery 2:30-3:30 - Learn to Draw </p>
<p>6 <ul style="list-style-type: none"> 1:15 - 2:15 - New Member Orientation 2:30-4 - Peerzone: Optimizing Your Income  </p>	<p>7 <ul style="list-style-type: none"> 10-12:30 - Back in the Saddle (Closed) 10:30-11:30 - IMR: Coping with Persistent Symptoms 1-2 - IMR - Managing Anxiety 2-3 - Presentation: Learning About the Community Legal Clinic 2 - 4 - Community Volunteering @ Welcoming Arms (sign up with Shauna) </p>	<p>8 <ul style="list-style-type: none"> 12 - 1 - 5-Point Acupuncture (Sign up with Elissa) 1 - 2 - Fun with Writing 1-2 - Holiday Gift Projects 1:45-2:45 - Yoga @ Yoga Source 2:30 - 3:30 - Goals Check-In 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression  </p>	<p>9 <ul style="list-style-type: none"> 10 - 1 - Resource Centre Drop-In 10-11 - Mindfulness (2nd flr boardroom) 11-12 - Games 1:30-2:30 - Art and Conversation 2:30 - 3:30 - Music with Shelley </p>	<p>10 <ul style="list-style-type: none"> 10-11 - CBT (2nd flr boardroom) 10-1 - Career Café 10:15-11:45 - Art with Heart 12 - 1 - Fun with Juicing 1:30-2:30 Themes of Recovery 2:30-3:30 - Learn to Draw </p>
<p>13 <ul style="list-style-type: none"> 1:15 - 2:15 - New Member Orientation 2:30-4 - Peerzone: Optimizing Your Income </p>	<p>14 <ul style="list-style-type: none"> 10-12:30 - Back in the Saddle (Closed) 10:30-11:30 - IMR: Coping with Persistent Symptoms 11:30 - 12:30 - *NEW* Express Yourself 1-2 - IMR - Managing Anxiety 2 - 4 - Community Volunteering @ ReStore (sign up with Shauna) 6-8 - Under the Rainbow  </p>	<p>15 <ul style="list-style-type: none"> 12 - 1 - 5-Point Acupuncture (Sign up with Elissa) 1-2 - Colouring Club 1:30- 2:30 - Learning with Aaron 1:45-2:45 - Yoga @ Yoga Source 2:30 - 3:30 - Goals Check-In 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression  </p>	<p>16 PROGRAM CLOSED Bowling at Pro Bowl  => See flyer for information => Sign-Up with Erin by Nov 10</p>	<p>17 <ul style="list-style-type: none"> 10-11 - CBT (2nd flr boardroom) 10:15-11:45 - Art with Heart 10:30 - 12:30 - Cooking 1:30-2:30 Themes of Recovery 2:30-3:30 - Learn to Draw </p>
<p>20 <ul style="list-style-type: none"> 1:15 - 2:15 - New Member Orientation 2:30-4 - Peerzone: Optimizing Your Income  </p>	<p>21 <ul style="list-style-type: none"> 10-12:30 - Back in the Saddle (Closed) 10:30-11:30 - IMR: Coping with Persistent Symptoms 11:30 - 12:30 - Express Yourself 1-2 - IMR - Managing Anxiety 1:30 - 2:30 - Dog Therapy 2 - 4 - Community Volunteering @ Yellowbrick House (sign up with Shauna)  </p>	<p>22 <ul style="list-style-type: none"> 12 - 1 - 5-Point Acupuncture (Sign up with Elissa) 1-2 - Holiday Gift Projects 1:30- 2:30 - Learning with Aaron 1:45-2:45 - Yoga @ Yoga Source 2:30 - 3:30 - Goals Check-In 2:30 - 3:30 - Knitting 4-6:30 - Youth Drop-In 7:30-9:30 - Support for Depression </p>	<p>23 <ul style="list-style-type: none"> 10 - 1 - Resource Centre Drop-In 10-11 - Mindfulness (2nd flr boardroom) 11-12 - Games 12:30 - 1:30 - Nutrition 1:30-2:30 - Art and Conversation 2:30 - 3:30 - Music with Shelley </p>	<p>24 <ul style="list-style-type: none"> 10-11 - CBT (2nd flr boardroom) 10-1 - Career Café 10:15-11:45 - Art with Heart 12 - 1 - Fun with Juicing 1 - 2:30 - Smudging and the Four Medicines 2:30-3:30 Themes of Recovery </p>
<p>27 <ul style="list-style-type: none"> 1:15 - 2:15 - New Member Orientation 1:30 - 2:30 - Spirituality 2:30-4 - Peerzone: Optimizing Your Income </p>	<p>28 <ul style="list-style-type: none"> 10-12:30 - Back in the Saddle (Closed) 10:30-11:30 - IMR: Coping with Persistent Symptoms 11:30 - 12:30 - Express Yourself 1-2 - IMR - Managing Anxiety 2-3 - Mental Health Movies 2 - 4 - Community Volunteering @ Welcoming Arms (sign up with Shauna) 6-8 - Under the Rainbow  </p>	<p>29 PROGRAM CLOSED FOR STAFF EVENT </p>	<p>30 <ul style="list-style-type: none"> 10 - 1 - Resource Centre Drop-In 10-11 - Mindfulness (2nd flr boardroom) 11-12 - Games 1:30-2:30 - Member's Meeting 1:30-2:30 - Art and Conversation 2:30 - 3:30 - Music with Shelley </p>	

AURORA Community Connections Group Descriptions

November 2017

***NEW* 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, help in the 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, please contact Nancy Gagnon at ngagnon@cmha-yr.on.ca.

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* Express Yourself** – Take some time every week to write, draw, build or create something that expresses your thoughts and emotions throughout your recovery journey. Different themes, topics and prompts will be available to support your self-reflection and ignite your creativity.

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!

Fun with Writing - The workshop learning process is structured in a way that is fun, non-pressuring, as well easy to follow. You will be learning how to create characters that are part of the stories you write, the process of journaling and how to construct a story. Fun with writing is non judgmental safe environment, where members have the opportunity to read what they wrote in front of the other members for constructive feedback.

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.

Holiday Gift Projects – Want to create unique and heartfelt gifts for family and friends? Join us in creating 'giftable' holiday crafts in November and December.

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.

AURORA Community Connections Group Descriptions

November 2017

Learn to Draw – Drawing is a skill that can be learned and practiced—and involves developing observation, mindfulness and coordination skills. This drawing class will involve exercises to develop these skills which will help you draw many things. No previous experience required.

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

***Special Presentation* - Learning About the Community Legal Clinic** – We will be having staff from the Community legal clinic joining our program to share services and information

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.

Nutrition – Through lessons and discussion, we explore different topics about healthy eating and how we can apply learned ideas to everyday life.

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.

Smudging and the Four Medicines – Everyone is welcome to join this group where we learn about Native Prayer and participate in a smudge circle.

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

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.

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

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.