

# AUGUST 2021

Support Groups  
Workshops

Employment Workshops  
Inspire Futures Training

www.enrichmentcentre.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>SUPPORTED EMPLOYMENT</b></p> <p>*Call to book an appointment with an Employment Specialist <b>613-969-8874</b></p>	<p>3</p> <p><b>Finding the Right Job for Me</b> 10am-12pm</p> <p><b>Anxiety &amp; Depression</b> 1:30-3:00pm</p> <p><b>Suicide Bereavement</b> 6-7:30pm</p>	<p>4</p> <p><b>Managing Powerful Emotions</b> 10-11:30am</p> <p><b>Strong Women Rising</b> 1:30-3pm</p>	<p>5</p> <p><b>Women's Anger Management</b> 10-12pm</p> <p><b>Psychological Health &amp; Safety</b> 12-1:30pm</p> <p><b>Healthy Masculinity</b> 1:30-3pm</p>	<p>6</p> <p><b>Individual Community Counselling</b> *Call to book an appointment <b>613-969-8874</b></p> <p><b>EMPLOYMENT ONTARIO</b></p>
<p>9</p> <p><b>Resume Building</b> 10am-12pm</p> <p><b>Men's Anger Management</b> 6-7:30pm</p>	<p>10</p> <p><b>True Colors® Workshop</b> 9-12pm</p> <p><b>Anxiety &amp; Depression</b> 1:30-3:00pm</p> <p><b>Suicide Bereavement</b> 6-7:30pm</p>	<p>11</p> <p><b>Managing Powerful Emotions</b> 10-11:30am</p> <p><b>Strong Women Rising</b> 1:30-3pm</p> <p><b>INSPIRE FUTURES GUEST SPEAKER "Front of House"</b></p>	<p>12</p> <p><b>Women's Anger Management</b> 10-12pm</p> <p><b>Healthy Masculinity</b> 1:30-3pm</p>	<p>13</p> <p><b>Roof of Hope</b></p> <p><b>ENRICHMENT CENTRE FOR MENTAL HEALTH</b> Transitional Housing Program <b>613-969-8874</b></p>
<p>16</p> <p><b>Job Search</b> 10am-12pm</p> <p><b>Men's Anger Management</b> 6-7:30pm</p>	<p>17</p> <p><b>Anxiety &amp; Depression</b> 1:30-3:00pm</p> <p><b>Suicide Bereavement</b> 6-7:30pm</p>	<p>18</p> <p><b>Managing Powerful Emotions</b> 10-11:30am</p> <p><b>Strong Women Rising</b> 1:30-3pm</p>	<p>19</p> <p><b>Healthy Masculinity</b> 1:30-3pm</p>	<p>20</p> <p><b>SUPPORTED EMPLOYMENT</b></p> <p>*Call to book an appointment with an Employment Specialist <b>613-969-8874</b></p>
<p>23</p> <p><b>Interview Prep &amp; Skills</b> 10am-12pm</p> <p><b>INSPIRE FUTURES Training Info Session</b> 2-3pm</p> <p><b>Men's Anger Management</b> 6-7:30pm</p>	<p>24</p> <p><b>INSPIRE FUTURES Training Info Session</b> 10-12pm</p> <p><b>Anxiety &amp; Depression</b> 1:30-3:00pm</p> <p><b>Suicide Bereavement</b> 6-7:30pm</p>	<p>25</p> <p><b>Managing Powerful Emotions</b> 10-11:30am</p> <p><b>INSPIRE FUTURES Training Info Session</b> 10-12pm</p> <p><b>Strong Women Rising</b> 1:30-3pm</p>	<p>26</p> <p><b>Women's Anger Management</b> 10-12pm</p> <p><b>Healthy Masculinity</b> 1:30-3pm</p> <p><b>INSPIRE FUTURES Training Info Session</b> 2-3pm</p>	<p>27</p> <p><b>INSPIRE FUTURES Training Info Session</b> 2-3pm</p>
<p>30</p> <p><b>INSPIRE FUTURES COHORT STARTS</b> 9am-4pm</p> <p><b>Men's Anger Management</b> 6-7:30pm</p>	<p>31</p> <p><b>Anxiety &amp; Depression</b> 1:30-3:00pm</p>	<p>1</p> <p><b>Strong Women Rising</b> 1:30-3pm</p>	<p>2</p> <p><b>The Maurice Rollins Centre of Hope</b> Your Gift Supports Mental Health Recovery</p>	<p>3</p> 

## Employment Workshops

**Finding the Right Job for Me** - is a strength based focused workshop, that narrows down your strengths, and then identifies a job that will be best suited for you. There is also a focus on growth and goal setting to reach your dream job.

**Resume Building** - learn strategies and tools that will help write a strong cover letter, and understand the importance of tailoring ones resume.

**Job Search** - leave with an individualized job search and motivation strategies to support you in your job search.

**Interview Prep & Skills** - learn some tips & tricks that will help you answer those tricky interview questions and ace any interview that you attend.

**How to Disclose your Mental Health** - wanting to disclose? Learn your options on how to proceed and take care of you.

## Support Group Descriptions

### Anger Management

Our program helps participants learn how to understand the complexities of anger, how anger goes awry, how to change their experiences of anger and how to respond to another person's anger. Other topics relating to the subject of anger will also be explored such as self-esteem, assertiveness, anxiety and depression.

### Managing Powerful Emotions

Through Dialectical Behaviour Therapy people are taught two seemingly opposite strategies: acceptance (i.e. that their experience and behaviours are valid) and change (i.e. that they have to make positive changes to manage emotions and move forward). This program helps people introduce effective and practical skills into their lives, which they can use when they are distressed.

### Anxiety & Depression

This group is designed to increase your understanding of the symptoms you may be having and build skills to manage symptoms in a healthier and more positive way. The goal is to provide you with a tool kit of coping strategies to use when facing triggering or emotionally challenging situations.

Topics explored through presentation & interactive activities include self awareness, grounding techniques, core beliefs, the cognitive triangle, recognizing automatic thoughts, negativity bias, alternative responses, and self compassion.

### Suicide Bereavement

This is a closed group, supporting family members through the loss of someone to suicide. Be advised there is a wait list for this program.

### Healthy Masculinity

What is healthy masculinity? Is there unhealthy masculinity? Do we mean masculine as a *John Wayne* type of masculinity, or a stay-at-home dad type of masculine? Healthy masculinity conjures up questions that can be confusing. Health is subjective, and this group talks about that and so much more. Does healthy mean physical, mental or relationship? It means all of this.

### Strong Women Rising

This group focuses on the following topics through a mindful lens: stress & resilience, mindset, work-life balance, coping strategies, stigma & culture, no is a complete sentence, boundaries, and manifestation. Women also get an opportunity to hear how other local women continue to 'rise' and share their 'story'.

## Workshop Descriptions

### Psychological Health & Safety in the Workplace

Psychological health in the workplace impacts many Canadians. The workplace should be a safe space for employees. The guideline we provide to employers and employees provides relevant definitions, identifies risk factors for poor workplace psychological health & provides practical strategies for different levels of organization to improve workplace psychological health.

### True Colors®

Looking for reduced conflict, more productive relationships within your workplace? This 3 hour training will identify: motivations, self esteem, cause of stress, communication, listening and learning styles, soft skills and ethical behaviours.

COST: \$30.00 per participant

## Employment Ontario Programs

**Supported Employment Program** - This program provides easy access to customized supports needed to achieve your employment goals. Work one-on-one with an employment specialist to secure and maintain employment.

**Skills Advance Ontario Program - Inspire Futures** - A 6 weeks training in Food Services & Sanitization, Skill Development, Industry Certifications, Job Placement, Retention Support