

# Support Groups & Workshops

**FALL GROUPS RUN FOR 8 WEEKS**

**WE ARE OPEN FOR IN PERSON SERVICES &  
WE ARE HERE FOR YOUR MENTAL WELLNESS!**

DAY	GROUP & TIME	STARTING DATE
M	<ul style="list-style-type: none"> <li>• <b>Employment Workshops 10am-12pm**</b></li> <li>• <b>Men's Anger Management 6-7:30pm</b></li> </ul>	Every Monday starting Sept 13 Starting Sept 20 for 8 weeks
T	<ul style="list-style-type: none"> <li>• <b>Portfolio Development 10am-12pm</b></li> <li>• <b>Anxiety &amp; Depression 1:30-3:00pm</b></li> <li>• <b>Suicide Bereavement 6-7:30pm</b></li> </ul>	Starting Sept 14 for 8 weeks Starting Sept 14 for 8 weeks Starting Sept 14 for 8 weeks
W	<ul style="list-style-type: none"> <li>• <b>Strong Women Rising 10-11:30am</b></li> <li>• <b>Managing Powerful Emotions 1:30- 3pm</b></li> </ul>	Starting Sept 15 for 8 weeks Starting Sept 15 for 8 weeks
T	<ul style="list-style-type: none"> <li>• <b>Women's Anger Management 10-12pm</b></li> <li>• <b>Healthy Masculinity 1:30-3pm</b></li> </ul>	Starting Sept 16 for 8 weeks Starting Sept 16 for 8 weeks

## WORKSHOPS

### \*\*Employment Workshops include:

- Resume Building Sept 13, Oct 18
- Job Search- Sept 20, Oct 25
- Interview Prep & Skills- Sept 27, Nov 1
- How to Disclose your Mental Health- Oct 4, Nov 8
- Finding the 'Right' job for me- Nov 15

### True Colours

**9am - 12:00 pm**

Sept 14, Oct 19,

Nov 16, Dec 14



### Soft Skills Solutions

Sept 20-30: 9am-12pm

### Psychological Health & Safety in the Workplace

\*\*\* All via. Zoom

Sept 14 & Dec 15 5-6:30pm

Oct 20 7:30-9am

Nov 17 12-1:30pm

# JOIN ONE OF OUR GROUPS & BUILD CONFIDENCE. GAIN TOOLS. LEARN COPING STRATEGIES.

8 WEEK  
PROGRAMS

## FOR EVERYDAY MENTAL HEALTH WELLNESS

### Anger Management

We host separate groups for men and women.

Our supportive program helps participants learn how to understand the complexities of anger, how anger goes away, how to change their experiences of anger and how to respond to another person's anger. However, this course does not only deal with anger, but stress management in general. Group discussions and worksheets allow participants to acknowledge that life comes with complications, but with the proper tools and conditioning we can change our responses from negative to positive. Other topics relating to the subject of anger will also be explored such as self-esteem, assertiveness, anxiety and depression.

### Anxiety & Depression Support Group

The Anxiety and Depression group program 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. Over the course of 8 weekly sessions, you will have the opportunity to learn new skills, and share your experience with others. The goal is to provide you with a tool kit of coping strategies to use when facing triggering or emotionally challenging situations. Exploring challenges in a group setting can provide insight, normalize your experience, and make you feel less alone. Topics explored through presentations and interactive activities include self awareness, grounding techniques, core beliefs, the cognitive triangle, recognizing automatic thoughts, negativity bias, alternative responses, and self compassion.

### Healthy Masculinity

What is healthy masculinity? Is there un-healthy masculinity? Do we mean masculine as a *John Wayne* type of masculine, or a stay-at-home dad type of masculine? Is there even a difference? Healthy masculinity conjures up questions that can be confusing. Likewise, it conceals the nature of what healthy masculinity really is. 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.

### Managing Powerful Emotions

Through DBT (Dialectical Behavioural 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). The purpose of this program is to help people introduce effective and practical skills into their lives, which they can use when they are distressed. These skills are meant to replace other unhealthy and negative behaviours.

### Portfolio Development

A portfolio is a formal document which defines learning acquired through a variety of formal and informal experiences. Preparing a portfolio can be unfamiliar, laborious, yet rewarding task. However, through the process you gain self-esteem and self-concept as a learner and you start to clarify and reach important life/work goals. A portfolio is an excellent record of your effectiveness in a variety of life/work situations, suitable for presentation to prospective employers and others interested in your skills and abilities.

### Strong Women Rising

The foundation of SWR is to learn to focus on self, by adapting a mindful and conscious perspective of life and self. SWR teaches us how to change the conversation that we have with ourselves by living in the 'now' by adapting mindful coping strategies. Each week SWR focus's 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. Through SWR women also get an opportunity to hear how other local women continue to 'rise' and share their 'story.'

### Suicide Bereavement

This is a closed group, supporting family members through the loss of someone to suicide. This is an 8 week program, with two facilitators. This group is only for the family members or close friends – no observers or students. Be advised there is a wait list for this program.

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FOR EVERYDAY MENTAL HEALTH WELLNESS

## WORKSHOPS

### ASIST

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop- ASIST can be learned by anyone.

COST: \$125.00 per participant

### Employment workshops

We offer a variety of workshops that run weekly, which include:

- Resume Building
- Job Search
- Interview Preparation & Skills
- How to disclose your mental health
- Finding the 'right' job for me

### Psychological Health in the Workplace

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

### Running on Empty

Through this workshop, we discuss the impact of COVID fatigue, and the consequences it has had on our mental health. We discuss our daily stressors and how bounce back when we are running on empty.

### Mindfulness & Mindset

Within this 1 hour workshop you will learn how adapting a mindful and positive perspective can impact your daily mental wellness. You will learn simple tools that you can add to your daily life which have been found to reduce stress and anxiety, and positive impact our mood.

### safeTALK

safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training- anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

Cost: \$15.00 per or a Bursary available

### Soft Skills Solutions

Learn about the workplace skills that are in demand. In this free, 25-30 hours training course you will learn about the skills needed for success in today's workplace, including: communication, teamwork, personal management, problem solving and professional & skill development.

### 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