



Canadian Mental  
Health Association  
Durham  
Mental health for all

Association canadienne  
pour la santé mentale  
Durham  
La santé mentale pour tous

# Welcome to the Recovery College Wellness Centre



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At the Recovery College Wellness Centre (RCWC), we take an education-based approach to mental health and recovery. We focus on helping people recognize and develop their own resiliency to support themselves and/or their loved one's on their recovery journey. Our courses are developed and taught by Adult Educators and Peer Support Specialists in partnership with student peers, current students and community members.

## We Offer



Interactive **COURSES** that create positive learning experiences, and emphasize connection, hope and empowerment.



**STUDENT PEER** led courses, individuals who are experts by experience.



Customized **SCHEDULE** and **IN-PERSON** and **VIRTUAL** learning options to fit your needs as best as possible.

## Service Disclaimer

The Recovery College Wellness Centre is an educational program that provides **education only** on mental health and wellness.

We are **not able** to provide counselling/therapy, case management, crisis or other emergency services.

If you require a referral for those services, please schedule an appointment with a staff member.

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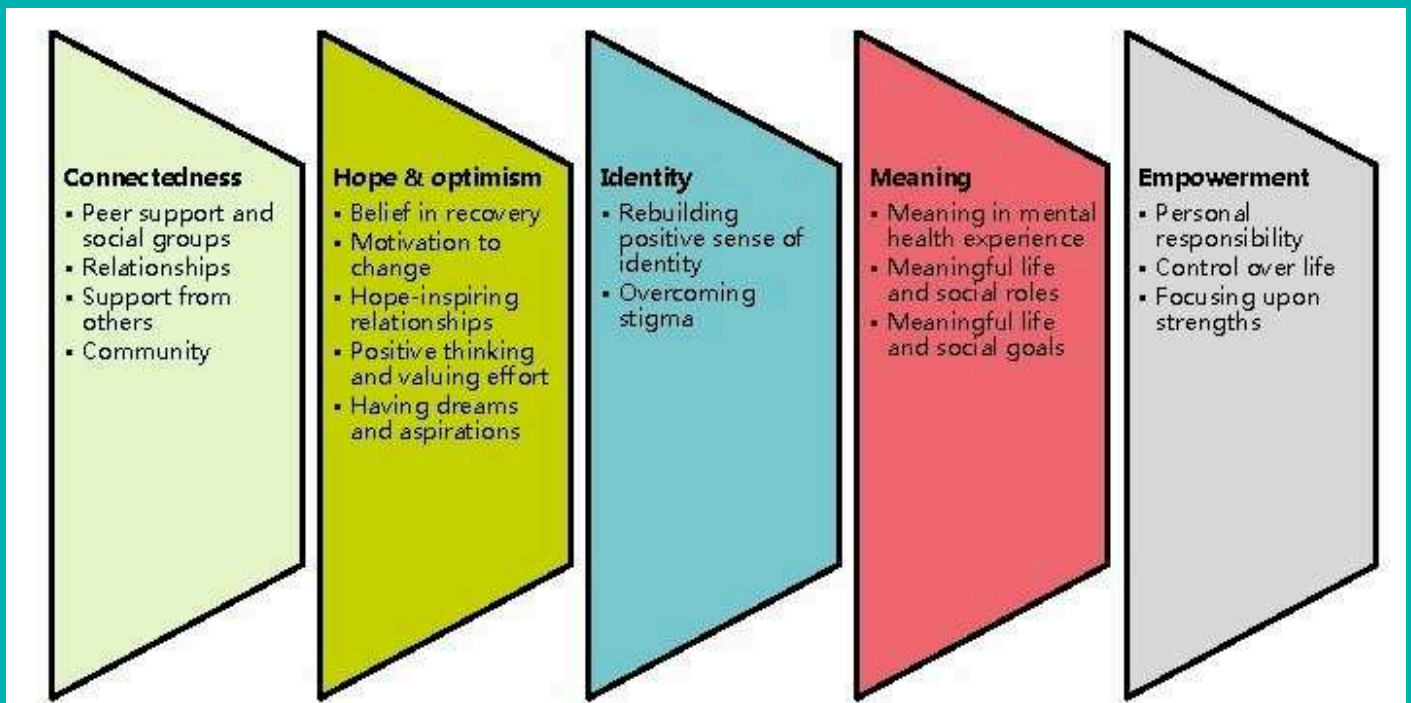
# CHIME Framework

The CHIME Framework for Personal Recovery was developed by Mary Leamy and colleagues in 2011. They theorized that individuals need certain things in their life in order to begin recovering and maintain that mental health recovery. When a person is lacking in these areas it can making recovery difficult.

CHIME stands for **C**onnectedness, **H**ope & Optimism, **I**ntity, **M**eaning and **E**mpowerment.

The CHIME Framework is an important piece of the Recovery College Wellness Centre. We feel it is so important that we even have a course on it! We believe in the importance that the CHIME needs play in a person's recovery journey and all of our courses support the development of each of these areas.

Each RCWC course in this catalogue has 1 or more of the CHIME letters beside it the course name to identify which part of CHIME the class addresses.

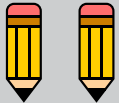


Leamy et al. 2011

## Course Catalogue Legend



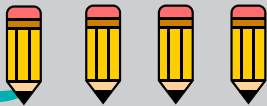
Students can attend as often as they would like. This also includes most 1-Day workshops.



Student attendance is encouraged and the class content is less demanding. Some courses will give students a Certificate of Completion.



Student attendance is strongly encouraged and the class content may include assignments and homework. These classes focus heavily on learning new skills. Students will earn a Certificate of Completion



Full attendance and participation is mandatory in order to complete the class and earn the Certificate. This includes mandatory sessions for registration with RCWC.

### Key Words

Each course has key words to let you know a little bit more about them. This can help you decide if a course is going to meet your need. These words are founded at the end of each course description in **bold**.



**This is a master list of all of the courses offered at the RCWC. Not all of these courses are offered each semester. Please contact the RCWC for a semester specific course catalogue.**



# Foundational Courses

# Foundational Courses



## Building Resilience Workshop (in-person & virtual) [C, H, I, M, E]



### Peer led course

This class is for new students who have completed the RCWC 101 Information Session. Do you feel like your life occurrences are beyond your control? Are you unsure what recovery and resilience mean? Join us for this introductory Recovery College Wellness Centre class prior to registering to explore if joining the Recovery College Wellness Centre is right for you.

**Key words: recovery, resilience, new student, introduction**



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



### Instructor led course

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 contribute to all aspects of the program. As needed, throughout the year, students will be invited to participate in developing a new class, editing current classes, creating educational material, resource building and more!

**Key words: research, design, group work, critical thinking**



## ILP Workshop [E]



### Instructor/peer led workshop

Unlock the power of personalized learning with our workshop on creating Individual Learning Plans (ILPs) designed to guide you toward your goals at the Recovery College Wellness Centre (RCWC). During this self-directed workshop, you will explore how the courses offered through the RCWC can help you meet your wellness goals. This workshop is for individuals seeking a structured and personalized approach to their recovery journey.

**Keywords: empowerment, learn, wellness, goal**

# Foundational Courses



## Living CHIME: Special Events [C, H, I, M, E]



### Instructor led course

Join this group for monthly outings and special events that help us live the CHIME framework of recovery in our everyday lives, not just the classroom!

**Key words: fun, connection, social, group**



## Preview Class (in-person & virtual)



### Instructor led event

Course descriptions are helpful but sometimes you still want to know a little bit more about what a course is all about. Come to our preview class to learn about some of our most asked about classes and learn about new classes we'll be offering in the coming semester.

**Key words: course, learn, information**



## RCWC 101 Information Session (in-person & virtual)



### Peer led course

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.

**Key words: peer support, courses, introduction, classes, new student**



## Recovery Journeys (in-person & virtual)



### Peer led course

All students are required to attend the Recovery Journeys course. This course dives deep into the CHIME Framework, the pillars of personal recovery: Connectedness, Hope & Optimism; Identity, Meaning, Empowerment. This class is peer-led.

**Key words: recovery, resilience, hope, optimism, identity, meaning, empowerment, community**



**School of Peer Support**

# School of Peer Support



## Facilitation Skills Group [C, M, E]



Discover the secrets that make adult classrooms, meetings, and group sessions impactful and interesting. This course will dive into adult learning theory and the skills, techniques, tips & tricks necessary to make any facilitated group successful. This course was originally created by Ontario Shores and used with permission.

**Key words: classroom management, communication, public speaking, presentation**



## 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.

**Key words: empowerment, self-esteem, self-management, skill building**



## 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.

**Key words: communication, peer support, skill building**



## The Colours of Leadership [C, H, I, M, E]



**Participants must complete Personality Dimensions® prior to taking this course.** Ever wonder if you would be a good leader in the workplace? This course connects the four colours of Personality Dimensions® to your leadership style and presents an opportunity to welcome alternative leadership styles of others. You will learn how to strengthen your leadership skills and appreciate the styles of others through reflection and action planning.

**Key words: confidence, self-discovery, adaptability, employability**





**School of Life(Skills)**



# School of Life (Skills)



## 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.

**Key words: communication, self-advocacy, confidence, empowerment**



## Black and White Thinking Workshop [E]

Black and white thinking is when you view most of life as all good or all bad, all right or all wrong. This type of thinking leaves little to know room for a middle ground that could often ease our pain. This workshop will help you identify your black and white thinking and how to find the middle ground to create a more balanced thought.

**Key words: coping skills, empowerment, self awareness**



## Breathe: Calming Anxiety [H, E]

Anxiety can be an all consuming experience that prevents you from living the life you want. In this course, student will learn what anxiety and explore a number of different ways to manage and cope with anxiety from a variety of therapeutic models including DBT, CBT and mindfulness. The workbook used in this course was created by SelfLoveRainbow.

**Key words: coping skills, self awareness, empowerment**



# School of Life (Skills)



## Circle of Control Workshop [H, E]



Having control over a situation can bring about a great sense of calm. It can also bring on a lot of stress, especially when it's a false sense of control. In this workshop, you'll have the opportunity to sort through the different scenarios in your life that you wish to gain more control over and identify what is actually inside your circle of control and what is outside of it, with the goal of shifting your focus onto what is possible to effect.

**Keywords: acceptance, coping skills, empowerment, problem solving**



## Discover Yourself Support Group [I, M, E]



Have you ever taken the time to self-reflect on those challenging questions that life throws your way? In the Discover Yourself Support Group you are asked questions that make you think, reflect, and even change your perspective on the way you view yourself, the world and those around you.

**Key words: empowerment, meaning, identity, self reflection**



## Epic Gratitude Workshop [H, I, M, E]



Do you want to start practicing gratitude but don't know where to start? Do you want to improve your current gratitude practice? In this workshop you'll learn about the importance of gratitude for your mental health and use prompts to guide you in starting or strengthening your gratitude practice.

**Key words: self esteem, wellness, coping skills**



# School of Life (Skills)



## Finding Your Mental Comfort Zone [E]

Many of us are familiar with the phrase, "Step out of your comfort zone." That's easier said than done, especially when stepping out leads to emotional distress. In this workshop, you will discover how to increase your comfort zone (not step out of it) using tools to help you cope with the stress of doing something new.

**Key words: wellness, coping skills, emotion regulation**



## Forgiving Yourself [H, I, E]

It can be difficult to come to terms with the mistakes we've made. Often we may be able to forgive others but forgiving ourselves is difficult. This course will guide you through the 7 Steps of Self Forgiveness and how to break the toxic relationship we have between ourselves and our mistakes.

**Key words: compassion, acceptance, growth, empowerment**



## Heartfulness: 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.

**Key words: self-care, mindfulness, empowerment**



# School of Life (Skills)



## I Love Myself [I, M, E]

You need love from yourself as much as from others. When you have low self-esteem, low confidence or even self-hatred, it is impossible to love life to the fullest. It's time to build your self-love and transform your attitudes, emotions, and overall outlook on life! This class support you in becoming aware of your own unique needs and goals while discovering how to better accept and love your true self. Self-love allows you not only to see your true self, but to truly accept who you are wholeheartedly. With this acceptance comes the freedom and confidence to live your life to its fullest. Say this: It's time to love me!

**Key words: self-esteem, identity, empowerment**



## Meal Prep [C, E]

This course will bring students together to create meals for themselves and the Recovery College Wellness Centre staff and students. No cooking experience necessary.

**Key words: meal prep, connection, cooking, empowerment**



## Money Habitudes Workshop [H, E]

This eye-opening game helps people, in a fun and constructive way, understand and talk about their finances. Money Habitudes helps you pinpoint your financial habits, attitudes and motivation behind financial decisions with the goal of changing these behaviours if they are not working for you.

Budgeting is one part of improving your finances and understanding why you do what you do with your money will give you a fuller picture of your financial situation.

**Key words: empowerment, finances, habits, motivation**



# School of Life (Skills)



## 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.

**Key words: addiction, support group, connection**



## Overcoming Procrastination [E]



Do you procrastinate? All of us do on some level and a little bit isn't that big of a problem. For those of us who procrastinate often, even on the things that mean a lot to us this can greatly impact our self-esteem, our relationships and our ability to do the things we need to do. Overcoming Procrastination uses principles from Acceptance and Commitment Therapy (ACT) to guide you in how to decrease procrastination and increase your ability to do the tasks you need to do.

**Key words: empowerment, habits, motivation, productive**



## Over|Thinking Podcast [C, H, I, M, E]



Explore the transformative world of podcasting as a medium for mental health advocacy! Contribute to Recovery College Wellness Centre's very own podcast: Over|Thinking. Participate the ins and outs of producing a podcast: from topic brainstorming to tech set-up and recording. Celebrate your hard work as you hear your podcast live on various streaming platforms, including Spotify. This course requires full attendance as you will be collaborating to produce a series of episodes to be edited and streamed.

**Key words: creative, wellness, group work, empowerment**



# School of Life (Skills)



## RentSmart Basics [E]

This workshop covers the '3 Keys to Successful Tenancies' to help participants learn important tools to understand what it means to have a successful tenancy: Paying Your Rent, Peaceful Enjoyment, and Looking After Your Home.

**Key words: housing, self- advocacy, renting, responsibility**



## Self Care for Stress & Burnout [H, E]

Stress is an unavoidable part of life, but do you fully understand it as it plays out in your own life? In this interactive class, you will be provided with information on stress and burnout as well as have the opportunity to reflect on how stress appears in your life. Using the 12-step model of burnout, you will take a deep dive into what burnout feels like for you and what you can do about it at each step.

**Key words: coping skills, wellness, self awareness, self care**



## Self Esteem [H, I, E]

Do you find it difficult to share your opinions and to speak up for yourself? This peer led course will explore what self-esteem is, why we struggle with it, the importance of positive self-esteem, and what causes low self-esteem. We will also take a look at strategies to challenge negative or inaccurate thinking.

**Key words: self awareness, empowerment, identity**



## Setting Healthy Boundaries [C, E]

This is a We all want to have healthy boundaries, but what does that mean and look like in our day to day lives? This class uses the therapist and relationships expert Nedra Glover Tawwab to present clear explanations and interactive exercises to help you gain insight and then put them into action. Each student will receive a workbook that they will use as a valuable tool for when they want to speak up for what they want, need, and show up for authentically in the world.

**Key words: self awareness, empowerment, relationships, self esteem**



# School of Life (Skills)



## Sleep Hygiene Workshop [H, E]

Sleep hygiene refers to the habits and behaviours people follow to prepare for and stay asleep. This 1 day 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.

**Key words: wellness, physical health, empowerment**



## 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.

**Key words: employability, communication, self-management**



## Stocking Your Resilience Toolbox [M, E]

Funny stories. Good advice. From financial challenges to clashes with loved ones, obstacles come in all shapes and sizes. In this course, Josh Martin will share hilarious stories from his life and what those experiences taught him about navigating difficult times. Topics include self-care, motivation, creative problem solving and more. Enjoy a few laughs while learning practical skills to boost your resilience. This course has 3 parts, each with different stories. You do not need to take all 3 parts.

**Key words: empowerment, meaning, skill building**



## Stopping the Shame Spiral [H, I, E]

Shame can be a powerful emotion that can very quickly spiral and consume and control you. In this course, you'll identify the roots of some of your shame, identify what your shame spiral looks like and how to cope with it so you can take control back.

**Key words: cope, self awareness**



# School of Life (Skills)



## Storytelling [C, H, I, M, E]

The use of personal stories in the mental health field has been vital to breaking stigma, increasing understanding and creating change. This course is designed for individuals who wish to learn how to share their story effectively with authenticity, impact and resilience. Through guided discussions, storytelling techniques and a supportive environment, students will gain the skills and confidence to share their story. This class involves presenting your story to your peers at the end of the class.

**Key words: empowerment, self awareness, identity, meaning**



## Tackling Executive Dysfunction [H, I, E]

Executive functioning is the series of steps we take to complete a task. Some mental health issues make completing these steps difficult resulting in executive dysfunction. Through self reflection, this course will have you on your strengths and areas of improvement in a variety of areas of executive functioning such as task initiation, time management, working memory and follow through. It will also offer practical tips to improve function and time for practice.

**Key words: ADHD, procrastination, personal development, coping skills, neurodiversity**



## The Big 5: The Languages of Love & Apology [C, I, E]

There is more to "I care about you" and "I'm sorry" than we think. Do you know how you want people to show you love and forgiveness? Do you know what other people want from you? Based on the work of Dr. Gary Chapman, you'll determine your Love and Apology Language to gain insight into what you need from others and what your loved ones need from you. Whether the relationship is romantic, familial or a friendship, knowing how you communicate is an important aspect to developing, maintaining and healing relationships with our loved ones.

**Key words: self awareness, communication, relationships**



# School of Life (Skills)



## The Emotionally Exhausted Woman [C,H, I, M, E]



Part book club, part skill building support group. This class is for women/feminine identified individuals who are feeling emotionally exhausted and want to do something about it. Using the book "The Emotionally Exhausted Woman" by Nancy Colier, participants will analyze the origins of their emotional exhaustion, the impact this emotional labour has had on their life, assess their needs and develop skills that will help you put yourself first.

**Key words: self-care, wellness, empowerment, emotional labour**



## The Trigger Journal [E]



Knowing what your emotional triggers are is a very beneficial part of recovery. When you know what your triggers are you can better cope with stress on a day to day basis. In this course, you will have the opportunity to use journaling to process your experiences to better understand your triggers and overall emotional experience. This course will involve a fair amount of independent writing.

Given the nature of this course, students must have received a certificate of completion in good standing from WRAP, DBT Skills Group or Living Life to the Full in order to be considered.

**Key words: coping skills, self awareness, emotional regulation, empowerment**



## Understanding Your Emotions [I, E]



Understanding our emotions is a first crucial step in recovery. When you know what you are feeling, have the words to describe it and understand how the emotion appears in your life, you will improve your ability to cope with that emotion. Using the Feeling Wheel, this course will guide you in labeling your emotions and reflect on what these emotions look like for you.

**Key words: coping skills, wellness, emotional intelligence, self awareness**



# School of Life (Skills)



### 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.

**Key words: employability, communication, self- management**



### Your Role in Relationships [C, I, E]



Come along for a 7-week class on personal development around relationships. This class will help students acknowledge their anxiety around creating healthy relationships and take the correct steps towards their healing journey. By learning about your attachment style this will reveal how you respond to relationships with friends and family.

**Key words: healing, relationships, growth**



# **School of Social & Recreational Support**

# School of Social & Recreational Support



## **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.

**Key words: discussion, connection, critical thinking, fun**



## **Book Club [C]**



Calling all readers! Gather with other book lovers to read and discuss a book chosen by your fellow students. All book club attendees are advised to read with care as the contents of books is not always predictable.

**Key words: discussion, reading, fun, connection**



## **Colour Your Confidence [C, H, I, M, E]**



### **Peer led course**

Colouring is an amazing activity that can help you relax, focus and foster a sense of accomplishment. Through the use of the Confidence Affirmations Colouring Book, students will explore confidence boosting affirmations and discuss self-reflection questions while colouring. Materials will be provided.

**Key words: confidence, affirmations, self reflection, empowerment**



## **Crafty Connections [C, E]**



Unleash your creative side as our guest Creators guide you through making unique projects that are yours to keep. Join us in this social craft group where not only will you create unique piece of art, you will be practicing the art of connection.

**Key words: connection, art, creativity**

# School of Social & Recreational Support



## 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.

**Key words: creativity, self-expression, story- telling**



## Doc, Talk & Mood Walk [C, H, I, M, E]



In this group participants will be required to watch an assigned short documentary and class will consist of taking a mood walk and discussing the content of the video watched. Mood walks promote “green exercise”, getting out in nature for both your physical and mental health.

**Key words: connection, health, wellness, group**



## Drama Group [C, H, I, M, E]



Offered by the Beech Street Theatre Company, participants will work together to create a story, their own character and choose the size of their role in telling the story. A script will then be created by the facilitator, Whitby playwright Michael Khashmanian. Along with local actor Sharon Morari, the group will explore creating, acting, staging, costuming and performing. There are backstage roles available for those who do not wish to act such as creating sets, managing costumes and props, and more! **Consistent attendance is extremely important in this class.**

**Key words: creative, teamwork, empowerment, self esteem, self confidence**

# School of Social & Recreational Support



## Healing in Nature [C, H, I, M, E]



The Healing in Nature course uses available outdoor spaces and guided discussions to create a supportive environment for healing and deeper connection with oneself, others, and nature. This guided support group/course seeks to re-establish the connection between the person and the provider, in an interdependent relationship based on healing.

**Key words: wellness, empowerment, self improvement**



## Hello French! Bonjour Français! (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.

**Key words: Language, conversation, group**



## Learn to Line Dance [C, E]



Join us for this fun and interactive dance class. Learn the Electric Slide and Tush-Push and everything in between! No dance experience necessary.

**Key words: dance, exercise, music, fun**



## Men's Support Group [C, H, I, M, E]



This is a place where all who identify as men/masculine can come together to discover and rediscover their healthy, authentic, masculinity. It's a safe place where we can meet to give and receive support, laugh, cry, learn and grow together to become the best men we need and want to be. This group is student peer led.

**Key words: hope, connectedness, empowerment, relationship building**

# School of Social & Recreational Support



## Soundtrack of Your Journey [C, I, M]



Discover the power of music in expressing your life's narrative. Participants will have the opportunity to curate their own Life Soundtrack, to create a unique and meaningful reflection of their life journey. Students will also explore how music can be used as self-care and have the opportunity to share some of their favourite music with others. This course is great for individuals who have a passion for music, storytelling, and self-reflection. The workbook for this course was created by SelfLoveRainbow

**Key words: creative, meaning, identity, self-awareness**



## 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. All are welcome.

**Key words: hope, connectedness, empowerment, relationship building**



## 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.

**Key words: wellness, connection, creativity**



## The Social [C]



End your week with some fun! Come for games, karaoke, crafts, social time and special events.

**Key words: wellness, connection, creativity, fun**

# School of Social & Recreational Support



## Trans & Non-Binary Support Group [C, H, I, M, E]

This is a place where all who identify as trans and/or non-binary can come together in a safe place to give and receive support. This support group emphasizes connection and the recognition and validation of experiences. This group is student peer and staff led.

**Key words: hope, connectedness, empowerment, relationship building, transgender, non-binary**



## Women's Support Group [C, H, I, M, E]

This is a place where all who identify as women/feminine can come together in a safe place to give and receive support. This support group emphasizes empowerment and how we can navigate our personal lives and societal expectations so we can take care of ourselves and be the best we can be. This group is student peer led.

**Key words: hope, connectedness, empowerment, relationship building**



## Yoga with Life Sparks [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!

**Key words: health, wellness, connection, self care**



## Zumba [C, E]

Come out and dance your cares away with Zumba, a fitness program that involves cardio and Latin-inspired dance. You do not need to be a dancer to enjoy this class!

**Key words: dance, exercise, music, fun**



**School of Recovery**

# School of Recovery



## Art Therapy [C, H, I, M, E]



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.

**Key words: creativity, art, connection, wellness**



## Coping with Depression [C, H, I, M, E]



Living with depression can be tough. In this course, we review the signs and symptoms of depression, learn how to have the tough conversations, challenge the stigma and learn about treatment options in order to make living with depression a little easier. This course was co-designed by students with depression for students with depression in partnership with Ontario Shores Recovery College.

**Key words: coping skills, boundaries, communication, anti-stigma**



## Dialectical Behaviour Therapy Skills Group [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.

**Key words: coping skills, self-regulation, communication, personal growth**

# School of Recovery



## 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 music improvisation, song exploration and discussion. This is an experiential group where the wellness and creativity of music will be explored through music-making together as a group. Knowing how to play an instrument is not required to participate in this group; every member will be supported in participating!

**Key words: wellness, self-discovery, connection**



## Good Grief [C, H, I, M, E]



By learning about grief, students can learn to create a community of support to aid in their grief journey. In addition, through shared experience and storytelling, we will create a community of connection within the group sessions.

**Key words: coping skills, wellness, connection, empowerment**



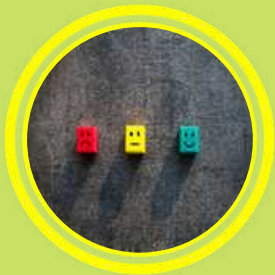
## Healing from Gaslighting [C, H, I, E]



Gaslighting is a form of emotional abuse that causes an individual to question their reality, judgment, self-perception and maybe even their sanity. Gaslighting can be found in all types of relationships. Gaslighting can cause issues with a person's self-esteem, identity, reality perception and their ability to be in healthy relationships. If you can relate to this, join us as we work through The Gaslighting Recovery Workbook and learn how to overcome the damage caused by Gaslighting.

**Key words: relationships, self-esteem, self-compassion, boundaries**

# School of Recovery



## Living DBT [C, H, I, M, E]



This group for individuals who want to continue their DBT practice. Over 5 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 MUST have completed a DBT Skills Group prior to joining.

**Key words: support group, coping skills, personal growth, practice**



## 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 them!

**Key words: CBT, recovery, coping skills, self-esteem**



## Mental Health First Aid Basic Training [H, E]



MHFA Basic is intended for adults interacting with adults (18 years and older). This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces. This training was created by the Mental Health Commission of Canada

**Key words: personal development, empowerment, peer support**

# School of Recovery



## Mind Over Mood [E]



In this workshop series, participants will spend time discovering simple, yet powerful steps, they can take to overcome emotional stress and feel happier, calmer, and more confident. This series will use the CBT-based Mind Over Mood workbook which participants will have access to and are welcome to keep at the end of class.

**Key words: self- discovery, wellness, connection, coping**



## Preventing Relapse [C, H, E]



In this class you will learn practical strategies and coping skills to help you prevent addiction relapse on a daily basis. This class will run twice a week. The education class will focus on gaining skills on how to handle thoughts, emotions, relationships and more, as well as how to set up supportive lifestyle habits and routines. The discussion group will allow you the space to talk with peers about what you are learning.

**Key words: addiction, self improvement, CBT, coping skills**



## Recreational Therapy [C, H, I, M, E]



Led by CMHA Durham's very own Recreational Therapist, students will explore a new aspect of this fun therapy model each week. Activities include art, exercise, music and more!

**Key words: wellness, empowerment, fun, social**

# School of Recovery



## safeTALK Suicide Prevention Training [C, H, E]



LivingWorks safeTALK is a 1-day, four-hour face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice. At a LivingWorks safeTALK workshop, you'll learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

**Key words: peer support, skill building, mental health, connection**



## 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.

**Key words: education, empowerment, identity, meaning**



## 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.

**Key words: recovery, self-awareness, self-management, coping skills**

A spiral-bound notebook with a white cover and a black metal spiral binding is the central focus. The words "What's New?" are written in a bold, black, handwritten-style font on the notebook's page. To the right of the notebook lies a clear, unlit incandescent lightbulb with a silver metal base. In the bottom left corner, the tip of a black pen is visible. The entire scene is set against a bright yellow background with a torn-paper edge effect, all on a solid teal background.

**What's  
New?**

**New Courses for 2024**



### **2SLGBTQ+ Support Group [C, H, I, M, E]**

This is a place where all who identify as 2SLGBTQ+ can come together in a safe place to give and receive support. This support group emphasizes connection and the recognition and validation of experiences.

**Key words: hope, connectedness, empowerment, relationship building**



### **Adventures in Mindfulness [H, M, E]**

Join us for this six-week journey through a variety of mindfulness practices and find the one (or ones!) that work for you. There are many different ways to practice this core skill for mental wellness; we will be trying a number of them, all in the spirit of “take what you need and leave the rest”. Curiosity is the only requirement.

**Key words: coping skills, skill building empowerment, wellness**



### **BPD for Family & Friends [C, H, E]**

This is an introductory level workshop for the family and friends of people who have Borderline Personality Disorder (BPD). The workshop will educate participants on what BPD is, what skills they can use to support their loved one with BPD and how they can engage in their own self-care to ensure personal and relational wellness.

**Key words: education, awareness, relationships, skill building**



### **BPD Social Group [C, H, I, M, E]**

This is a space for people diagnosed with or suspect they have borderline personality disorder (BPD) to connect with like minded individuals. The group will explore, through discussion and worksheets, a variety of topics related to the BPD experience such as abandonment, overvaluing others, and emotional awareness . This group is for fun and education, it is not therapy. This group is not open to friends and family of those with BPD.

**Key words: self-awareness, lived experience, connectedness**



### Cooling the Fire: Tools for Managing Anger [C, H, E]



Anger is a valid and useful emotion but when you don't have a handle on it, it can cause chaos in your life. Through interactive discussions, group exercises, and self-reflection activities, participants will explore the underlying causes of their anger, identify triggers, and develop a deeper understanding of their emotional responses. By the end of the course, participants will have acquired a range of coping skills to help them navigate situations that previously triggered their anger.

**Key words: skill building, empowerment, emotion regulation, coping skills**



### Coffee Group [C]



Join this weekly social group for free coffee, music and chats! In partnership with ACTT.

**Key words: connection, wellness, self care**



### Core Values & Beliefs [I, M, E]



In this course, students will examine the concept of core values and beliefs, reflecting on their own values system and how it informs their choices, attitudes, and identity. Students will learn about helpful and unhelpful beliefs and how to change the ones that don't help us.

**Key words: self awareness, skill building, identity, wellness**

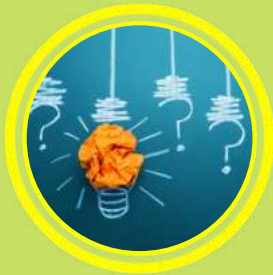


### Creativity Unleashed [C, I, E]



Artists and Creators unite! Creativity is not just about making your mark on paper. It's about looking at the world a little differently and opening up your imagination to what could be. Using the 365 Days of Creativity book by Lorna Scoble this course will challenge artists of all media and skill levels to unleash their creativity. Participants will use their imagination to create and share art based on a common daily theme.

**Key words: creative, self-care, connection**



### Critical Thinking Quest [I, E]



Through a series of fun and thought provoking prompts you will explore the importance of critical thinking skills and how to use these skills in your own thinking. Students will learn the blocks that impact a person's ability to think critically and be open to new information, practice explaining their view point and challenge themselves to argue the opposite of their view point.

**Key words: empowerment, identity, skill building, self awareness**



### Disney Sketchbook [C]



From the desks at the Walt Disney Animation Studios, we join the artists themselves as they share stories and instruct us on how to draw some iconic Disney characters. Each class highlights a new character, artist, and story.

**Key words: creative, connection, self-care, wellness**



### Is Love Enough? Healing with Attachment Theory [C, H, I, M, E]



Attachment is a way to describe how our early childhood experiences impact how we bond to others we have relationships. Sometimes this attachment is healthy and other times this attachment wreaks havoc in our lives. Is Love Enough, will provide a comprehensive understanding of attachment theory and its implications for interpersonal relationships. Students will delve into the different attachment styles, identify the attachment styles that exist in their lives, how to manage different styles and healing when damage has been done. This class will be focusing on attachments between intimate partners and spouses.

**Key words: skill building, relationships, empowerment, connection**



### **Journey Through Journaling [I, M, E]**

Using prompts, students will take an in-depth look at a variety of themes including strength, grudges, bravery and perception, to learn more about themselves. This is a discussion-based class so students must come prepared to share their thoughts on the prompts.

**Key words: self-awareness, identity, meaning, writing**



### **LEGO® SERIOUS PLAY® [C, H, I, M, E]**

This interactive and immersive course uses the creative and problem-solving abilities of LEGO bricks to facilitate meaningful discussions, build trust, and foster innovative thinking. Using guided exercises and activities, participants will learn how to use LEGO bricks as a tool for development, creative problem-solving, and team-building. By exploring complex issues and challenges through LEGO Serious Play, participants will develop essential skills such as active listening, empathy, and collaboration, while also gaining a deeper understanding of their own thoughts, feelings, and values.

**Key words: play, connection, creative, critical thinking**



### **Needs Unlocked: Exploring Self Care with Maslow [C, H, I, M, E]**

This course explores Maslow's Hierarchy of Needs as a framework for understanding and addressing personal well-being. Students will learn how to their own needs fit across the hierarchy—from basic physiological needs to self-actualization—and discover practical self-care strategies for meeting those needs. Through guided discussions, participants will develop personalized self-care plans to promote physical, emotional, and psychological health.

**Key words: wellness, coping skills, self care, empowerment**



### Recovery Through Poetic Expression [C, H, M, I, E]



Whether you are new to poetry or a seasoned poet, this course will provide an introduction into the foundations of poetry which students will be encouraged to use as they write their own original poem about any topic of their choosing. Poems do not have to be shared with the group but can be if the students are open to it. The goal is to add a new skill to your toolbox for expressing big emotions and processing trauma and other experiences. The course will be led by an experienced peer supporter from within CMHA Durham who will be available to support students through the process and will be participating with their own poems.

**Key words: peer support, coping skills, skill building, empowerment, wellness**

### Remixing Your Thoughts [E]



Our thoughts influence how we see ourselves, others and everything around us. When our thoughts are heavily influenced by distorted thinking, it can cause damage to our self, relationships and make how we move through the world difficult. Learning how to change these thoughts to be more rooted in facts and compassionate can help us cope with challenges, improve problem solving, and help with self esteem and relationship building.

**Key words: empowerment, self awareness, coping skills, skill building**

### Stay Curious: An Art Therapy Group (C, H, I, M, E)



This six-week art therapy program will include participation in structured art therapy activities, integrating elements of Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and mindfulness practices. Participants will have the opportunity to explore emotional regulation strategies, fostering creativity, playfulness, and curiosity in self-expression. Students will be encouraged to engage in new experiences, participate in both individual and group reflections on their artworks, and apply the concepts learned throughout the program. No prior art experience is required.

**Key words: skill building, creative, connection, meaning**





**Wellness Practices [H, I, M, E]**



**Peer led course**

Based on Buddhist principles, this course teaches about the value of every human and the ways to work with your positive characteristics to live well.

**Key words: coping skills, skill building empowerment, wellness**



**Register for an RCWC Information Session today!**

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**Co-design Program development and implementation**