



## **January to March Semester Program Descriptions**

### **Starting in January:**

1. **Self-Soothing Through Crafts (Mindfulness Practice) (In-person only)**

Students will engage in mindfulness while learning new skills through crafts. Planned projects include edible arrangements with fruits and vegetables and felt stuffed animals. This will be a 2-session course running during the week of January 2nd.

2. **DBT Peer Reflection (In-person and virtual learning)**

Students who have participated in Dialectical Behaviour Therapy or are interested in it will come together to reflect on what they have learned and share how they apply the skills in everyday life. This will be a 6-session course beginning in January and running once per week through February.

3. **Worry and Stress, Unhelpful Thinking and Anxiety (In-person and virtual)**

Students will learn what WS/UT/A are and how they are connected, they also learn concrete skills to help ease WS/UT/A. This course contains 6 classes which run once per week from January through February.

4. **Learning To Love Yourself (In-person and virtual learning)**

Students will learn about the importance and use of positive self-talk and how to build self-respect. Simple steps to developing and achieving short- and long-term goals will be explored, and how to find self-fulfillment in life. This course contains 6 classes which run once per week from January through February.

5. Conflict Resolution & Problem-Solving (In-person and virtual learning)

Students will learn about the skills and methods necessary for conflict resolutions as well as the skills needed for effective problem solving. This course contains 6 classes which run once per week from January through February.

6. WRAP (Wellness Recovery Action Plan) (In-person learning only)

Students will learn how to create an action plan for crisis situations or for when they are going off-course in their recovery journey. This course contains 8 classes which run once per week from January through March.

7. Afternoon Chat (Virtual only)

Students will participate in a check-in atmosphere where there will be light discussion on decided or undecided topics. This will run for the full semester once per week beginning in January, through March.

**Starting in February:**

1. Quitting Smoking-Resources and Planning (In-person learning only)

Students will learn about methods for quitting smoking which have been proven effective and the resources available to them, while engaging in lessons about change and motivation, and identifying triggers and coping skills. This will be a 2-session class running during the week of February 20<sup>th</sup>.

2. Home Is The Heart-Availability and Access in Grey Bruce (In-person and virtual learning)

Students will learn about the importance of stable housing, availability and how to access it in Grey Bruce. This informative course is not only for those in need of housing but also for those who want to be able to inform others in obtaining housing. This is a 2-session class running during the week of February 20<sup>th</sup>.

3. Harm Reduction-Substance Use, Self-Harm, and Naloxone Training **(In-person and virtual learning)**

Students will learn what 12-Step is as well as what harm reduction is, in addition to steps to reducing the potential for harm with substance use, and coping skills to help prevent self-harm. The program includes Naloxone proper-use training. This not a 12-Step program but simply includes an explanation of what it involves. This will be a 3-session course running once per week from February to March.

4. Sleep 101 **(In-person and virtual learning)**

Students will learn about sleep and dreaming, while practicing techniques to calm the mind and deal with anxiety that may interfere with sleep. Unhealthy habits will be identified and healthy routines examined. This will be a 3-session course running once per week through February and March.

**Starting in March:**

1. Overcoming Stigma **(In-person and virtual learning)**

Students will learn what stigma is and will learn ways to overcome stigma as well as ways to teach others about stigma and why it makes mental health and addictions hard to overcome. This course consists of 3 classes which run once per week from February through March.

2. Perfectionism **(In-person and virtual learning)**

Students will learn ways to not chase perfectionism when it comes to living life and understand that nobody is perfect and everyone makes mistakes. This course consists of 3 classes which run once per week from February through March.

3. Distress Tolerance and You (In-person and virtual learning)

Students will learn skills to handle emotional pain and decrease the intensity with which it affects them. Concrete skills to tolerate distress and navigate uncomfortable situations will be practiced and self-soothing measures learned. This will be a 2-session course running during the week of March 13<sup>th</sup>.



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