

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

### 1. 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 every other week beginning in January, through March.

### 2. Chronic Pain Self-Management **(Virtual Only-participants must have a webcam)**

This is a free and interactive self-management program where managing pain is discussed through the use of various coping skills for better pain management and improved quality of life, for those living with, or those caring for, someone with chronic pain. This 6-week weekly workshop runs from February through March.

### 3. W.R.A.P. (Wellness Recovery Action Plan) **(Virtual 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 runs weekly for 6-9 sessions, depending on the group, during February and March.

### 4. C.H.I.M.E. (Connectedness, Hope and Optimism, Identity, Meaning, Empowerment) **(In person and Virtual)**

Students will learn about, and ways to build, connectedness, hope and optimism about the future, identity, meaning in life, and empowerment in their own lives. This 6-week course runs weekly from February into March.

**To register for courses or for more information,**

**call 519-371-3642 ext.1229**

