



April to June 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 April, through June.

2. **W.R.A.P. (Wellness Recovery Action Plan) (In Person 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 April, May and June.

3. **DBT Skills Practice (In person and virtual learning)**

Students who have participated in Dialectical Behaviour Therapy previously will come together to reflect on what they have learned and share how they apply the skills in everyday life, while also practicing the skills from the different modules during each lesson. This 4-session course runs in June.

4. **Grounding Through Art (In person and virtual learning)**

This peer-led course offers a variety of art-based activities for grounding oneself, such as making grounding kits, knitting/crocheting, learning how to take quality pictures with your phone, being taught basic art skills, and more. **PLEASE NOTE:** Virtual participants must have their own supplies (lists will be provided).

5. **Understanding Worry, Stress and Anxiety (In person and virtual learning)**

Students will learn what Worry/Stress/Anxiety are and how they are connected, as well as concrete skills to help ease anxiety and build assertiveness. This 6-week course runs weekly from May into June.

6. **Women's Trauma: Information and Support (In person and virtual learning)**

In this course, women who have been affected by trauma will join together to learn about its effects and share coping skills. This 6-session course runs from April into May.

7. **Walking Group: Take It In Stride (In person only)**

This group will meet to walk outside and enjoy connection with others and will explore the concept of Mindful Walking. It will run Monday afternoons at 1:30 pm for the month of April, with the possibility to be extended.

To register for courses or for more information,

call 519-371-3642 ext.1229