



July to August 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 July, through August.
2. **Women's Group (In person and virtual learning)**
Students will have a chance to learn new skills that will improve confidence and self-worth. The Women's Group will provide a safe space to discuss various topics that the group wishes to cover. This group is planned to be ongoing, running once monthly beginning in August.
3. **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, being taught basic art skills, and more. This ongoing course runs once to twice per month throughout the year. **PLEASE NOTE: Virtual participants must have their own supplies (lists will be provided).**
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 July through August.
5. **Chair Yoga and Music In The Garden (In person only)**
Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. This group runs weekly on Friday afternoons beginning June 7, through August 30. On July 26 and August 23, music will follow, so bring your instruments and singing voice! **Location:** Community Garden next to St George's Baseball Diamond, 10th Street East, Owen Sound. St George's Church is located at 1049 4th Ave E, Owen Sound, ON N4K 5P7. The diamond and community garden are located behind the church, with access from 10th Street East.
6. **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. Focusing on the key concepts of Hope, Self-Advocacy, Personal Responsibility, Education, and Support, this course runs weekly for 6-9 sessions, depending on the group, during July and August and possibly the start of September.

**To register for courses or for more information,
call 519-371-3642 ext.1229**