

CMHA Grey Bruce's

# Recovery College

Program Descriptions Sept-Dec 2024

## 1. Afternoon Chat-Virtual Only

Students will participate in a check-in atmosphere where there will be light discussion on undecided topics. This will run for the full semester once every other week, beginning in September.

## 2. Women's Group-Virtual and In Person

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 and run once monthly beginning in September.

## 3. WRAP (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. 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, beginning in October.

## 4. Living Life To The Fullest-In person only

This program helps people make a difference to their lives. Participants are taught how to deal with their feelings when fed up or worried, and learn skills to help them tackle problems and navigate life transitions and difficulties. This course runs once per week beginning in October for 8 sessions.

## 5. Grounding Through Art-Virtual and In Person

This course offers a variety of art-based activities for grounding oneself, such as string art, faux stained glass, and more.. This ongoing course runs once per month beginning in September, until December. **PLEASE NOTE: Virtual participants must have their own supplies (lists will be provided).**

Learn more here:



To register or for more information  
on courses call:  
519-371-3642 ext. 1229



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health & Addiction Services



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