

CMHA Grey Bruce's **Recovery College**

Program Descriptions January to April 2024

- 1. Overcoming Stigma (In Person and Virtual Learning)** Students will learn what stigma is and ways to overcome it, as well as how to teach others about stigma and why it makes mental health and addictions hard to overcome. This 3-session course runs January to February.
- 2. 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.
- 3. Vision Boards (In Person and Virtual Learning)**
Students will participate in the process of creating a vision board for goals and/or future ideas, and participate in discussion during the creative process. This 2-session workshop will be held in February. Please note, virtual participants must provide their own supplies (lists will be provided)
- 4. 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 January.
- 5. Chronic Disease Self Management (Virtual Only)** Join us for this interactive 6-week education series. If you have any ongoing health conditions or are caring for someone living with a chronic condition, and are seeking proven ways to make change, this workshop series is for you. Through the practice of skills and tools, you will learn how to better care for yourself and your condition. The schedule for this course will soon be available and added to the calendars-all interested students will be notified of dates and given the opportunity to confirm their participation.
- 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 March and April.
- 7. Getting The Most From Your Healthcare Appointment (In Person and Virtual)** Your health is important, and you are the main member of your healthcare team. That is why knowing what to do before, during and after your appointment is so vital. This 1 ½ hour workshop will provide you with information on how to prepare for your appointment, what questions to ask and how to make sure you understand everything before you leave. This 1-session workshop will run in March with both an in person and a virtual session offered.
- 8. Art For Wellness (In person Only)** This course offers a variety of art- and craft-based activities for those who find the process of creating to be beneficial for their wellbeing. Art can allow the mental space for being in the moment, a key aspect of Mindfulness, and creating together can promote connection with peers. This course runs once per month from January through April.

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