

<u>Name of the course</u>	<u>Description of the Social Group</u>
Knitting In-Person	Do you enjoy knitting, or have you always wanted to learn? Regardless of your level of experience, this group is for you. The group meets weekly, in-person.
Monthly Book Club In-Person	Once a month, the book club meets in-person to discuss a monthly book, selected by the group. Participants may also participate through the book club email thread. This group is open to everyone.
Mindful Art In-Person	Mindful Art is a new group featuring origami and other crafts. It combines mindfulness with artistic creation, allowing individuals to create meaningful artwork while being fully present. The practice has significant positive impacts on mental health, serving as a form of self-expression. It promotes relaxation and reduces stress, engaging in these activities enhances concentration and focus. Overall, Mindful Art is a therapeutic practice that promotes well-being and fosters a sense of calmness. Materials will be provided but feel free to bring your own craft project you've been working on.
Mindful Journaling In-Person	This group is a space for anyone interested in the art and practice of mindful journaling. Whether you're a seasoned journal keeper or just starting out, here you'll find inspiration, support, and resources to cultivate a more mindful approach to journaling.
Watercolour Painting In- Person	Follow along with the instructor and others in the group to create a painting based on a different example image, photo or inspiration each week. If you have never tried watercolors before, you will find it a very relaxing and meditative experience, and the results will amaze you. No experience is necessary.
Pet Therapy In- Person	Come spend some time with the sweet four-legged friends (dogs), give some pets, or take a short walk if the weather permits.

Qigong In-Person	<p>Come experience Qigong. This ancient healing mind and body energy practice works to strengthen your natural resilience, balance your nervous system and transform worry, anxiety and fear into inner strength. Classes offer a variety of moving; meditations, sound therapy and self massage techniques designed to nourish and invigorate systems of the body.</p> <p>Wear loose comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting. All abilities welcome!</p> <p>10 Week</p> <p>Classes run for 75 minutes</p>
SMART Recovery Online	<p>SMART Recovery (Self-Management for Addiction Recovery) is a free online support group open to anyone seeking science-based, self-empowered addiction recovery. We can support you in your recovery from any type of addictive behaviour including substance use, food, relationships, gambling, smoking etc...</p>
Guided Meditation with Erin Online	<p>Guided meditations are offered weekly on Zoom to relax your body and mind and help you to center in your heart. Each gathering includes a guided meditation plus a short video from various meditation teachers on expanding awareness and peace.</p>
Men Let's Talk Online	<p>A space to gather as men to explore topics related to mental health and wellness and learn from our collective lived experience, knowledge, and wisdom.</p>
Art Therapy for Wellness Online	<p>Weekly art therapy is offered via zoom to support self-care and wellness. After a quick check-in, individuals create art in any medium. The facilitator is available during this time to assist participants in choosing basic supplies from home to use in expressing their inner world. Then, together, you will look at the image to discover any personal meaning or insights.</p>
Expressive Art Therapy Online	<p>Join us for the Expressive Art Therapy Group, where we come together to explore ourselves through various forms of art, play, and imagination. In Expressive Arts, we flow between</p>

	<p>different mediums, letting our creativity lead the way. Our sessions will include visual arts, poetry, movement, music, and sound.</p> <p>Each session follows a gentle rhythm: we begin with a check-in, followed by a warm-up, engage in the main art activity, have some discussion, and end with a check-out.</p> <p>The activities will use simple materials that you can find around your home or apartment. If a specific material is required for an activity, we'll send you an email in advance. Don't worry if you can't find the materials— we'll work with what you have!</p>
Gentle Yoga In-Person	<p>Our sessions emphasize slow, mindful movements, deep breathing, and gentle stretches to promote relaxation and enhance flexibility.</p> <p>Led by experienced instructors, each class incorporates calming techniques and poses that help reduce stress and tension while nurturing both body and mind practice, this supportive environment fosters connection and tranquility.</p>
Recovery from Trauma In- Person	<p>This group is 10 weeks expressive arts therapy group. Providing those in the community who struggle with symptoms resulting from trauma with a safe place; to learn about their body's responses, normalize their experiences, find support from other individuals who may be facing similar difficulties, and build internal resources to better face symptoms as they arise</p>
Bipolar Community Support Group In-Person	<p>This inclusive support group offers a safe space for individuals living with bipolar disorder to share personal experiences, offer a compassionate ear, and receive validation and acceptance. Guided by both a counselor and peers, this semi-structured group prioritizes empathy and understanding, provides accessible resources and coping tools, and focuses on enhancing individual wellness on</p>

	<p>their mental health journey.</p> <p>This group is intended for individuals whose symptoms are currently managed, ensuring both safety and effectiveness.</p>
Farsi Post-Crisis Growth Group In-Person	<p>Join our Farsi Post-Crisis Growth Workshop group and explore resilient strategies for personal and professional development in overcoming challenges</p>