

Grow Fall Semester

MONDAY

CBT for Depression
1:30-3:00pm
Sept 19 - Nov 14
(no session Oct 10)

TUESDAY

**Brain Workout:
Speed & Attention**
10:00am-12:00pm
Oct 4 - 25

**Brain Workout:
Memory**
10:00am-12:00pm
Nov 15 - Dec 6

Peer-led Open Art
12:30-3:30pm
Ongoing

Yoga with Nyk
4:00-5:30pm
Sept 20 - Dec 13

WEDNESDAY

Young Adult Group
11:00am-1:00pm
Oct 5 - 26

Everyday Eating
11:00am-1:00pm
Nov 16 - Dec 7

**Managing Big
Emotions:
DBT Skills**
3:00-5:00pm
Sept 7 - Nov 23

THURSDAY

Sleep Fitness
11:00am-12:00pm
Nov 3 - 24

Peer-led Book Club
11:00am-12:00pm
Sep 8 - Oct 20

Peer-led Open Art
12:30-3:30pm
Ongoing

Mindfulness
1:00-2:00pm
Oct 6 - Nov 24

FRIDAY

**Rotating Zoom Group:
Music Appreciation/
Ted Talkers/
Art Appreciation**
11:00am-12:00pm
Sept 2 - Dec 2
(no session Sept 30, Nov 11)

BBQ Social
12:00-1:00pm
Ongoing

**Rain & Shine:
Talk & Step**
1:30-2:30pm
Sept 9 - Dec 9
(no session Sept 30, Nov 11)

CBT for Depression

8 Sessions | Facilitators: Nicole & Kendra

The Changeways Clinic Core Program is an evidence-based 8-week series to learn Cognitive Behavioural Therapy skills. The program provides illness education, thinking strategies, & lifestyle management skills for people who experience depression. Anxiety management skills will also be touched on.

Brain Workout

4 Sessions | Facilitators: Kendra & Nicole

Do you like playing computer games? Do you sometimes have trouble remembering, organizing, or socializing? With a combination of computer games, role playing activities, & strategy discussions, we will target thinking skills in separate 4-week modules.

- >> 1. Speed & Attention <<
- >> 2. Memory <<
- 3. Organization & Planning
- 4. Social Cognition

Peer-led Open Art

Peer Facilitators: Robbie & Aerin

Any skill level is welcome to attend this open art group. It is supported by trained artists, people with lived experience, and peer facilitators. All art supplies are provided. This group provides a safe and supportive space for anyone 19+ who identifies as having lived experience with mental illness to come together and create!

Yoga with Nyk

13 Sessions | Staff Support: Carly/Jacob

This community yoga class, taking place at Christ Church Cathedral, will replicate a community experience with the support of Grow staff. Nyk Danu, Therapeutic Yoga teacher, will teach Yin Yang yoga – a grounding & centering practice with basic movements to gently warm the body & increase circulation. All skill levels are welcome!

Young Adult Group

4 Sessions | Facilitator: Jacob

Being under 30 during covid has been rough on a good day. Come and stretch your leaving-the-house-and-trying-new things muscles in this four week variety group, featuring but not limited to Galey Farms Haunted House!

Everyday Eating

4 Sessions | Facilitator: Jacob

Practice for prep and pricing out healthy eating on a budget, to save time and money. Come together with others to work on not overthinking food.

Managing Big Emotions: DBT Skills

12 Sessions | Facilitators: James, Susanne,
Kendra

DBT Skills is a 10 week course which teaches people to accept their thoughts, feelings and behaviours, and the techniques to change them. Not only are personal skills taught in DBT, but skills for interpersonal relationships are also emphasized. DBT is based on CBT, but it focuses more on the emotional and social aspects of living.

Mindfulness

8 Sessions | Facilitators: Jacob & Carly

Find your grounding in everyday mindfulness. Mindfulness helps us bring awareness to our thoughts, feelings, and body sensations so that instead of being overwhelmed by them, we are better able to manage them. This group will include learning, practice, reflection, and discussion.

Any level of experience is welcome!

Sleep Fitness

4 Sessions | Facilitator: Carly

This 4-week group series will explore why we need it and how lifestyle habits can enhance it; clients will be encouraged to track and share their sleep record weekly. Join us for 60 minutes of learning and strategizing how we can catch and keep those elusive extra zzz's!

Rotating Zoom Groups

4-Session Blocks | Facilitators: Carly & Jacob

Build confidence & connections in this weekly morning meet-up group. We will share our thoughts on a different theme each week, & discuss our thoughts & feelings on topics that inspire, uplift, & resonate.

The 4-session blocks will be:

1. Music Appreciation (Sept 2-23)
2. Ted Talks (Oct 7-28)
3. Art Appreciation (Nov 4-Dec 2)

Peer-led Book Club

7 Sessions | Peer Facilitators: Aerin & Josée

A safe & non-judgmental space to practice sharing and interacting with others on various topics that relate to the book. Clients should have the ability to read approximately 60-75 pages a week. The practice of connecting in a group can build confidence & trust in ourselves & others, as well as broaden our own interests & appreciate the different points of view of others.

The book this time is:

The Seven Husbands of Evelyn Hugo.

Rain & Shine: Talk & Step

12 Sessions | Facilitators: Carly & Rotating

Join us for a leisurely walk and talk around the Vic West Area, with a stop at a local café. This group will aim to provide exercise and social connection.

The level of activity will be light. Note that this will be a Rain and Shine edition, meaning we will be walking in various types of fall weather!