












G.R.O.W. & PEER GROUP CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	Cooking Club 11:00 - 1:00 Drop in	CBT 11:00 - 12:30 Oct 16 - Dec 4		Virtual Goal Setting 9:00 - 10:00
Craft Group 1:00 - 3:00 Drop in	Sleep Fitness 11.00-12.00 Oct 1 - Oct 22	Cooking Club 11:00 - 1:00 Drop in	Mindfulness 1:30 - 3:00 Oct 3 - Nov 21	Drop In Qi Gong 10:00 - 11:00 Starts Oct 4th
Men's Group 1:00 - 2:30 Oct 21 - Jan 13	Drop In Art 12:30 - 3:30	Drop In Art 12:30 - 3:30	Talk & Step 2:00 - 3:00 Drop in	Cooking Club 11:00 - 1:00 Drop in
	Yoga with Nyk 4:00 - 5:30 Sept 24 - Dec 10			Drop In Art 12:30 - 3:30
NOTE: No groups on statutory holidays			G.R.O.W. PROGRAMS	PEER SUPPORT PROGRAMS

-  **Drop-in Talk and Step** – 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, with a rotating cast of facilitators. The level of activity will be light.
-  **Mindfulness for Everyone** – Join us for our newly revamped workshop! 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!
-  **Yoga with Nyk** – Taking place at beautiful Christ Church Cathedral (930 Burdett Ave.), this class will emulate a community yoga experience, with the support of Grow staff. Nyk Danu, Therapeutic Yogi, will teach Yin yoga – a grounding & centering practice with basic movements to gently warm the body & increase circulation. All skill levels are welcome!
-  **CBT for Depression** – 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 upon.
-  **Craft Group** – Whether you're a seasoned crafter or a curious beginner, our craft group offers a welcoming space for creating, learning new techniques, and connecting with one another. Each week we will work on a new, often seasonal, craft for you to take home. All materials provided, so just bring your enthusiasm!
-  **Cooking Club** – You are invited to experience the flavours of the world! Learn new recipes and cooking methods, while using budget basics to create delicious, nutritious, restaurant quality meals. Follow the recipe from start to finish, enjoy a lovely lunch together, then take a portion home to enjoy later!
-  **Drop-in Art** – Provides an inclusive and creative environment where like minded people can create art and socialize in a safe space. Supplies are on hand in a variety of mediums as well as craft supplies and colouring books.
-  **Virtual Goal Setting** – Encourages goal setting, and the active, intentional work towards them, through positive and supportive engagement.
-  **Sleep Revolution** – This 4 week group series will explore how we can develop better sleep habits. We'll cover topics like the science of sleep, identify factors that impact sleep quality, and introduce practical strategies to create sustainable, positive changes. Each week you'll be introduced to new techniques designed to improve your sleep and assist you in establishing healthy habits that will last well beyond the course.
-  **Drop-in Qigong with Ken** – Join GROW Coach Ken Marchtaler for 4- Seasons Qigong, a holistic practice designed to help individuals align with the natural rhythms of the seasons, and promote balance and harmony in body, mind, and spirit. Beginners and the curious are welcome!
-  **Drop in Men's Group** – This 12 week conversational style group offers a safe environment for men to discuss a variety of topics related to men's mental health and wellbeing. Join us to find understanding, encouragement, and strength in a community of your peers! Co-facilitated by Grow and PEER Support, this group is open to anyone who self-identifies as a man.