

# GROW 2024 FALL CALENDAR



## Monday

**Ecological Restoration**  
2pm to 4pm  
September 3rd to December 16th

## Tuesday

**Sleep Fitness**  
11am to 12pm  
September 10th to October 1st

**Yoga**  
4pm to 5:30pm  
{{{DATES TBD}}}

## Wednesday

**CBT Skills**  
11am to 12:30pm  
October 2nd to November 20th

**Beach Walks**  
2pm to 3pm  
September 10th to December 18th

## Thursday

**Mindfulness**  
1:30pm to 3pm  
September 19th to November 7th

## Friday

**Talk & Step**  
2pm to 3pm  
September 6th to December 20th



[www.icmha.ca](http://www.icmha.ca)  
[paula.greene@icmha.ca](mailto:paula.greene@icmha.ca)

### **Ecological Restoration**

A supportive and empowering group that combines mental health support with outdoor activities focused on clearing invasive brush. This program aims to provide individuals dealing with mental health challenges an opportunity to connect with nature, engage in physical activity, and contribute to environmental conservation efforts. Participants will work together in conjunction with Saanich Parks volunteers.

### **Sleep Fitness**

This 4-week group series will explore why we need sleep 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 zzz's!

### **Yoga**

This community yoga class, taking place at Christ Church Cathedral (930 Burdett Ave.), and will emulate a community experience with the support of Grow staff. Nyk Danu, Therapeutic Yoga teacher, will teach Yin yoga - a grounding & centering practice with basic movements to gently warm the body & increase circulation. All skill levels are welcome!

### **CBT Skills**

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.

### **Beach Walks**

Join us for a pleasant walk along various beaches. This groups aims to provide social connections and exercise - the activity level will be light. Participants will be asked to meet the group facilitator at the pre-planned meeting spot along the beach.

Participants are welcome to join one or all of the walks. Dress warm!

### **Mindfulness**

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!

### **Talk & 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.