

# GROW SPRING SEMESTER

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

	<p><u>CBT for Depression</u> 10:30am-12:00pm April 25 - June 13</p>	<p><u>Dance &amp; Movement</u> 137 Skinner St. 11:00am-12:00pm May 3 - June 7</p>	<p><u>Mindfulness</u> 10:00-11:30am May 11 - June 29</p>	
<p><u>DBT Skills</u> (Monday Group) 2:00-4:00pm April 17 - July 10 (no session May 22)</p>	<p><u>Yin Yoga w/ Nyk</u> 930 Burdett Ave. 4:00-5:30pm April 18 - June 6</p>	<p><u>DBT Skills</u> (Wednesday Group) 3:00-5:00pm April 19 - July 12</p>		<p><u>Talk &amp; Step</u> 1:30-2:30pm May 12-June 30</p>

## Mindfulness

7 Sessions

Facilitators:  
Carly & Jacob

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!

## CBT for Depression

8 Sessions

Facilitators:  
Carly & Nicole

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.

\*There are specific entrance criteria for this group; please see recovery coach for details.

## Yoga with Nyk

12 Sessions

Supporting Staff:  
Carly

This community yoga class, taking place at Christ Church Cathedral (930 Burdett Ave.), will replicate 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!

## DBT Skills

12 Sessions

Facilitators: Isabela,  
Jacob, Kendra,  
Nicole, Susanne

DBT Skills is a 12 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 & social aspects of living.

\*There are specific entrance criteria for this group; please see recovery coach for details.

## Dance & Movement

6 Sessions

Facilitators: Nicole &  
Carly

A creative class designed to help individuals incorporate more movement into their day, express emotions, and foster social connections. No experience is required to participate, and all bodies are welcome. Exercises will be low impact & will range from choreographed steps to free movement. Fun and playful, as well as expressive and grounding. This group is located in the community at 137 Skinner St. (Bashirah Middle Eastern Dance Studio), which is next door to Grow.

## Talk & Step

8 Sessions

Facilitator: Natalie &  
Grow Staff

This group is a hybrid Peer Support/Grow group.

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.