

Grow Winter Semester

MONDAY

Mindfulness
1:00-2:15pm
Jan 9 - Feb 27
(no session Feb 20)

Sleep Fitness
1:00-2:00pm
March 6 - 27

TUESDAY

CBT for Depression
10:30am-12:00pm
Feb 7 - March 28

Yoga with Nyk
930 Burdett Ave.
4:00-5:30pm
Jan 17 - March 28

WEDNESDAY

Pottery *FULL*
10:00am-12:00pm
Jan 18 - March 1

DBT Skills
3:00-5:00pm
Jan 18 - April 5

DBT Advanced
3:00-4:30pm
Jan 18 - March 8

THURSDAY

**Brain Workout:
Planning &
Organization**
1:00-3:00pm
Feb 2 - 23

**Brain Workout:
Social Cognition**
1:00-3:00pm
March 9 - 30

FRIDAY

Zoom Group
11:00am-12:00pm
Jan 6 - March 24

**Dance & *FULL*
Movement**
137 Skinner St.
3:00-4:00pm
Feb 3
Feb 17
Feb 24
March 3
March 17
March 31

Mindfulness

7 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 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 extra zzz's!

CBT for Depression

8 Sessions

Facilitators:
Nicole & Carly

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.

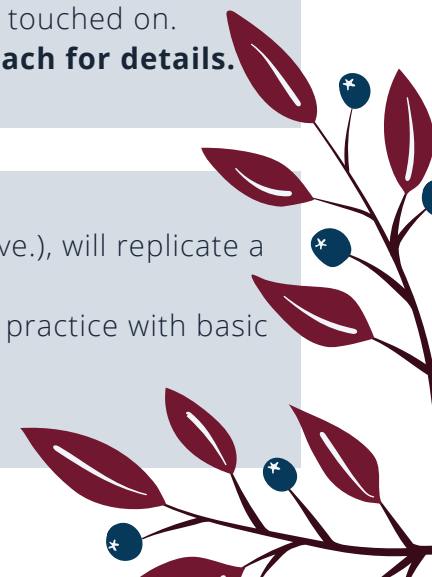
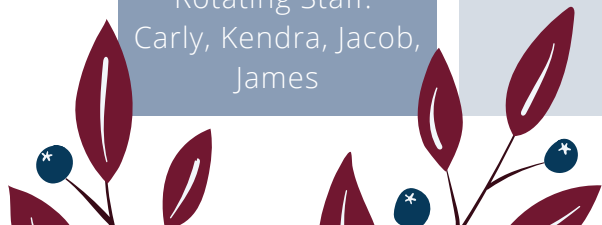
***There are specific entrance criteria for this group; please see recovery coach for details.**

Yoga with Nyk

12 Sessions

Rotating Staff:
Carly, Kendra, Jacob,
James

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!



Pottery

7 Sessions

Facilitators:
Erin & Kendra

Over 7 weeks, you will learn new skills, enjoy creating and socializing along with your peers, and gain confidence through the ceramic process. No prior experience is needed!

Please reach out to your coach to register, as space is limited.

***Clients who have not yet taken Pottery at Grow will have priority.**

DBT Skills

12 Sessions

Facilitators: Kendra,
Jacob, Isabela

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.**

DBT Advanced

8 Sessions

Facilitator:
Susanne

DBT Advanced is an 8-week alumni course for those who have completed the DBT Skills group. Mindfulness, Emotion Regulation, and Interpersonal Effectiveness skills taught in the DBT Skills group will be reviewed and expanded upon in greater detail through group discussion. Topics not previously explored, some at a more advanced level, shall also be introduced based on group interest and need.

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 < <



Zoom Group

12 Sessions
Rolling Entry

Facilitator:
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. This can be a good way to change up a morning at home and get more social. The 4-session blocks will be: 1. Music Appreciation/Share (Jan 6-17) 2. Poetry Appreciation/Share (Feb 3-24) 3. Art Appreciation/Share (March 3-24). Participants are welcome to join one or all of these modules.

Dance & Movement

6 Sessions

Facilitators:
Susanne & Nicole

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 and will range from free movement to choreographed steps. 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.

