

## Fall 2024 Learning and Leisure Courses & Workshops

### Drop-in Program: no registration required

#### Mindfulness Mondays

September 9 – November 25 10 – 11 AM  
(No sessions Sept 30, Oct 14, Nov 11)

Participants will engage in a variety of relaxing mindfulness activities, light stretching and movement, meditation and grounding practices. Mats, meditation pillows and weighted blankets are provided for use.

### In-person Workshops: Registration required

#### Being Trauma-Informed (2-part workshop)

Wednesdays, September 10<sup>th</sup> & 11<sup>th</sup> 1 – 3:15 PM

As we know, people everywhere come from a history of trauma. Because of this, their thoughts, behaviours and attitudes often manifest in programming and in interpersonal relations with others. To support ourselves, members and staff in their recovery and health, as well as establishing the Y as a place of safety, it is important to react in a trauma informed way. This will prevent re-traumatization and further mental distress for everyone. We will learn and engage with the following pillars of trauma-informed care: Awareness, recognition and engagement.

#### Finding the Good

Monday, September 9th 1 – 3:15 PM

Finding the good is a workshop that teaches people that they are capable of increasing their levels of happiness over time. Examine the beneficial effects of optimism, positive psychology, gratitude and appreciation.

#### Time Management 101

Wednesday, September 18th 1 – 3:15 PM

Time management is a workshop designed to help participants learn about time management and the purpose of it, discuss a variety of helpful tools in managing our time more effectively and provide opportunity to practice tools learned.

#### Managing Stress & Boundaries During the Holidays

Monday, December 2nd 12 – 3:15 PM

This time of year can bring on extra stress and strain on our body, mind and relationships. This workshop will focus on recognizing signs and symptoms of stress fatigue, how to bring stress down to manageable levels, how to recognize the need for boundary setting and the practical tools needed to set and maintain boundaries, to help participants find more peace this holiday season.

#### Communication 101

Wednesday, December 4th 1 – 3:15 PM

Communication 101 is a workshop designed to help members learn about communication and its purpose, discuss a variety of helpful tools in the communication process and provide an opportunity to practice tools learned.

### In-person Courses: Registration required

#### **Book Club: Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie**

Wednesdays, September 25th – November 27th 1 – 3:15 PM

“Melody Beattie’s compassionate and insightful look into codependency-the concept of losing oneself in the name of helping another- has struck a universal chord among those struggling with a loved-one’s self-destructive behavior. *Codependent No More* has helped millions of readers understand that they are powerless to change anyone but themselves.” Book included with registration.

#### **Living Better**

Monday, September 16th – November 25th  
1 – 3:15 PM

*(no session Sept 30, Oct 14 or Nov 11)*

Living Better is a course designed to bring awareness about general nutrition and physical activity to those living with mental health concerns. The program focuses on healthy eating, physical well-being and social interaction. Each session will include a hands-on food demonstration and light physical activity.

#### **Understanding and Managing Anxiety**

Thursdays, September 26th – November 28th  
5 – 7:15 PM

*(no session October 3<sup>rd</sup>)*

This course will help participants understand anxiety including the physical, emotional and behavioural symptoms; thinking patterns that increase anxiety and characteristics of various anxiety disorders. Participants will develop positive coping tools to manage their anxiety. Strategies include: focused breathing, deep relaxation; mindfulness, cognitive restructuring, gradual exposure, and breaking reactive patterns.

Registration opens **Thursday, August 22<sup>nd</sup> at noon.**

Contact Rebecca McMurray @

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to register.