

Winter 2024 – Skill Development Courses & Workshops

Drop-in Program: no registration required

Mindfulness Mondays

January 13th – March 24th 10 – 11 AM

(No sessions February 17th)

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

Intention Setting: Looking Back & Moving Forward in 2025

Monday, January 13th 12:00 – 2:15 PM (25 spots)

This workshop offers a time to reflect on the highlights and challenges of the past year, identify areas of growth and strength, and set your sights on ways to continue your journey in the new year.

Coping with Seasonal Depression

Thursday, January 30th 5:00 – 7:15 PM (15 spots)

There are various factors that make this a difficult time for many. Learn about the impacts and influences of seasonal depression, and how to combat it with practical tips and strategies.

Self-Appreciation & Mindfulness Retreat

Friday, February 14th 10:00 AM – 3:00 PM (25 spots)

Participants will engage in a variety of relaxing mindfulness, meditation and grounding practices. The 7 attitudinal foundations of mindfulness will be covered. Mats, pillows and weighted blankets provided. Light refreshments to be provided.

Understanding Codependence (2-part workshop)

Fridays, February 21st & 28th 1:00 – 3:15 PM (25 spots)

Behaviors that are rooted in codependency affect us all. This 2-part workshop will help participants develop an understanding of codependence, where it comes from, and how to strengthen relationships to the self and others through the practices of detachment, acceptance and self-care.

Keep Your Cool

Monday, March 31st 1:00 – 3:15 PM (25 spots)

This workshop will help participants explore anger's effect on relationships, identify skills for managing anger in difficult situations and develop alternative strategies for dealing with angry feelings.

Mental Health First Aid

Wednesdays, March 26th & April 2nd
11:00 AM – 4:00 PM (25 spots)

Mental Health First Aid is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis. The objective of this program is for participants to:

- Increase knowledge of signs, symptoms and risk factors of mental health problems
- Increase confidence to help someone experiencing a mental health crisis
- Identify resources for individuals with a mental health problem
- Show increased mental wellness themselves

***Some online pre-course work required. Please identify if additional support is needed to fulfil this requirement.**

***Participants will receive certificate from MHCC.
MUST BE IN ATTENDANCE FOR ENTIRETY OF BOTH DAYS.**

In-person Courses: Registration required**Book Club: The Happiness Trap: How to Stop Struggling and Start Living by Russ Harris**February 20th – April 10th 5:00 – 7:15 PM (15 spots)

“Are you caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy) a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life.”

Building Self-EsteemMondays, January 20th – March 24th 1:00 – 3:15 PM (25 spots)

Through various creative means, participants will explore their view of themselves. They will explore barriers that hold them back from having healthy self-esteem and will experiment with ways to improve feelings of self-worth. Topics include: An introduction to self-esteem, inner critic and self-talk, developing self-compassion, identity, from perfectionism to passion, establishing values and assertive communication.

SEED Winnipeg: Money Management TrainingWednesdays, January 29th – March 19th 1:00 – 3:00 PM (25 spots)

Gain new knowledge and practical tools to help manage your money. This course is designed specifically for people living on low income. Topics include:

- Money choices
- Asset building
- Community Economic Development
- Budgeting
- Financial services
- Credit
- Debt

Participants will receive a certificate upon completion of the course. This course is presented in partnership and facilitated by SEED Winnipeg.

Email Rebecca.mcmurray@ymanitoba.ca or call 204.989.4197 to register