

APRIL COURSES



COMMUNICATING IN RELATIONSHIPS

Participants will explore the components of effective communication. They include reflective listening, identifying non-verbal cues, responding with understanding and using effective problem-solving techniques such as assertiveness and setting boundaries in relationships. Participants will increase their competency in skills which will improve their personal effectiveness at home, in the community, in relationships and with themselves.

*Tue, Wed, Thu—Apr 3-19, 2012
10:00 am—12:15 pm*

EXPERIENCING RECOVERY

Recovery is a word that is used to describe the many positive changes that can happen in people's lives after a prolonged psychiatric illness. Participants first examine the meaning of recovery and the phases of recovery. Then the course focuses on foundational themes of hope, personal responsibility, self-advocacy, education and supportive relationships. The goals are: to become more aware of the recovery process; to increase knowledge and control; to become more aware of the nature of stress and its role in mental

illness; to enhance personal meaning; to develop personal goals and a plan of action .

*Tue, Wed, Thu—April 3-19, 2012
1:15 pm—3:30 pm*

MISSION STATEMENT



The YMCA-YWCA of Winnipeg is a charitable organization whose mission is to foster the growth and development of people and communities in spirit, mind and body.

CONTACT INFORMATION



LL103-290 Vaughan Street
Winnipeg, MB
R3B 2N8

Phone: 989.4194
Fax: 957.5199
E-mail:
bsawatzky@ymcaywca.mb.ca
Website:
ymcaywca.mb.ca/mentalhealth

YMCA-YWCA of Winnipeg Learning & Leisure Centre



January—April 2012 Courses

*For Adults Recovering from
Mental Illness*

ADMISSION CRITERIA



Persons being referred to the program:

- have been diagnosed with a psychiatric illness
- are past the age of 18 years
- are able to relate to others at a level appropriate for group interaction
- are interested in developing coping skills and personal supports
- are able and willing to attend the program for two and one half hours three days per week
- have adequate cognitive functioning to manage the content of the learning materials.

Both self-referrals and referrals from professionals in hospitals and community agencies are accepted. Referral forms may be obtained from the Learning and Leisure Centre. (989.4194). Referrals will be processed as soon as possible following receipt.

LEISURE GROUPS



Two leisure groups are offered each week that provide opportunities for participants to socialize in a welcoming supportive environment. One of the groups is on Monday evenings and the other is on Friday afternoons. Members may choose to be in only one of the groups. Approximately two ticketed, peer-led events are arranged monthly and are open to members of both the Monday and Friday groups. Activity schedules may be obtained at the Learning and Leisure Centre.

JANUARY COURSES



MANAGING ANXIETY

Anxiety and stress share many of the same symptoms which can include:

1. Physical symptoms (e.g., rapid heart rate, muscle tension, upset stomach)
2. Cognitive symptoms (e.g., distressing thoughts and difficulty concentrating)
3. Behaviours (e.g., urge to escape the situation, urge to drink or use drugs)
4. Emotional symptoms (e.g., feeling upset, irritable or numb).

However, despite the connections between anxiety and stress, they are not the same thing. This is one reason why stress management techniques alone are not typically an effective treatment for anxiety disorders.

That said, stress management can be an important component of effective self-management for anxiety disorders. This course builds on the skills learned in the Managing Stress course by focusing on additional skills specific to self-management of anxiety disorders.

***Tue, Wed, Thu - Jan 10-26, 2012
10:00 am -12:15 pm***

PRACTICAL LIFE SKILLS

Life skills are those invaluable skills people use every day that, if used effectively, allow them to create the life they desire and to access their inner resources needed to succeed. A person's life skills include physical, mental, career, emotional, social and spiritual dimensions. This course will help participants learn more about themselves and the competencies they possess in many life skills areas including:

- Problem-solving
- Money management
- Time management
- Self-awareness
- Personal change

***Tue, Wed, Thu—Jan 10-26, 2012
1:15 pm—3:30 pm***

FEBRUARY COURSES



POSITIVE ATTITUDE DEVELOPMENT

Making transitions, dealing with change, and struggling with stress in today's world are difficult. Many feel the negative things in life are because of the way other people behave and events unfold. We feel out of control and unhappy. The external world is causing us pain.

Participants learn that happiness is not based on the way events happen, but rather on the way they are interpreted. The texture and the quality of our attitude determines the type of life we build for ourselves. Fundamental to this process is to recognize your core values and discover how to control your own destiny, regardless of outside pressures or the actions of others. Learn to take responsibility for yourself and the outcomes you will experience in life. This course provides tools for participants to turn a negative situation into a positive opportunity – the beginning of change!

***Tue, Wed, Thu—Feb 7-23, 2012
10:00 am—12:15 pm***

MANAGING ANGER

The management of anger involves flexibility and a willingness to change old and self-defeating styles of reacting and behaving. Participants learn that anger management is not the process of avoiding or eliminating anger; rather it is the process of using their self-awareness to make anger work for them rather than against them. The course is designed to increase participants' knowledge about anger and concentrates on presenting a variety of skills to help them cope more effectively with anger on a day to day basis.

***Tue, Wed, Thu—Feb 7-23, 2012
1:15 pm—3:30 pm***

MARCH COURSES



HEALTHY BODY—HEALTHY MIND

This course looks first at the body-mind con-

nection and how they interact to alter our feelings of well-being. Physical activity is an essential component of mental health. The cardiovascular and strength building benefits of aerobic and anaerobic exercise will be examined. Stress reduction and flexibility enhancing activities like Yoga and Tai Chi will also be looked at. And finally, consideration will be given to how exercise programs can be adapted to meet the needs of those with physical disabilities and limitations.

***Tue, Wed, Thu—Mar 6-15, 2012
10:00 am—12:15 pm***

LIVIN' BETTER

Livin' Better is designed to provide individuals with mental health concerns a wellness program that would encourage a healthy lifestyle. Living alone, weakening health, depression or anxiety and a limited income can be barriers to physical and emotional well being. Livin' Better provides easy to understand nutrition information and simple, economical, healthy recipes for individuals to try at home. Livin' Better gives individuals a chance to meet and interact with new people and learn simple physical activities.

You can look forward to:

- Tasty food samples
- Cooking demonstrations
- Learning basic cooking skills
- Healthy eating activities
- Exciting new recipes
- Helpful and basic nutrition and exercise information .

***Tue, Wed, Thu—Mar 6-15, 2012
1:15 pm—3:30 pm***