



CRITERIA FOR ACCEPTANCE

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 hours twice a 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.

Orientations to the program for service providers and consumers may be arranged by calling 989.4194



COURSES OFFERED

THE EXPERIENCE OF 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. In this course participants examine the strengths approach to recovery and how this approach can speak to them in a meaningful way. The goal is for all participants to discover their own personal recovery plan that will move them towards a new sense of self – a self more connected to who they really are, more connected to others, and to a deeper sense of meaning and purpose in life. The course is composed of 24 sessions delivered twice weekly for 12 weeks.

COPING SKILLS FOR WOMEN RECOVERING FROM DEPRESSION

Participants examine the causes, symptoms and treatment of depression with particular focus on the experiences of women. The goals are to enhance participants' awareness of their current individual coping skills, to explore the role of thoughts on their feelings and behaviours, to understand assertiveness and self-esteem as related to women's experiences of depression, to assist participants in developing skills to cope with feelings and symptoms of depression, to explore the role of self-nurturing behaviour and how to reduce stress and raise their energy level. They will also examine the role and importance of supportive social networks and learn ways to develop and use them. The course is composed of 24 sessions delivered twice weekly for 12 weeks.


SELF-ESTEEM, COMMUNICATIONS AND RELATIONSHIPS

The first part of this course examines self-esteem which can be defined as the value or worth we place on ourselves. Participants explore barriers that hold them back from developing an improved self-esteem. As well, they experiment with methods that they can use to increase their feelings of self-worth.

The second part of the course focuses on communications and relationships. Participants examine the basic styles of communication, and learn how to communicate assertively. They reflect on their family of origin and look at the rules they lived by and the roles they played. They learn how to establish healthy boundaries—those physical and emotional limits they set for themselves in order to achieve connection with protection. The course is composed of 24 sessions delivered twice weekly for 12 weeks.

ANXIETY AND STRESS MANAGEMENT

Anxiety is a generalized state of arousal in response to a perceived threat to one's well-being. Since cumulative stress is one of the contributing factors to anxiety, when participants reduce and manage their stress, they reduce their vulnerability to anxiety. Participants examine the stress response and their stress reducing options. They learn the personality traits that perpetuate anxiety and how to shift away from them. They practise relaxation techniques. They identify anxiety



COURSES - CONTINUED

provoking styles of self-talk, and learn how to counter it. As well, they are introduced to mindfulness as a way to live in the present moment. This course is composed of 16 sessions delivered twice weekly over 8 weeks.

COPING CONSTRUCTIVELY WITH 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 divided into two sections. The first section is designed to increase participants' knowledge about anger. The second section concentrates on presenting a variety of techniques to help them cope more effectively with anger on a day to day basis. This 16 session course is delivered twice weekly over 8 weeks.

OTHER COURSES

The following courses are offered periodically:

B.O.S.S. (Buttout Smoking Strategy)

**Developing a Healthy Body Image
(for women).**



LEISURE GROUPS

Four leisure groups are offered each week that provide opportunities for participants to socialize in a welcoming supportive environment. Two of the groups are offered during the day—Monday morning and Friday afternoon. The other two groups are offered in the evening on Tuesdays and Thursdays



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.

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**YMCA-YWCA
OF WINNIPEG**

Learning and Leisure Centre

**PROGRAM
DESCRIPTION**

*Programs
for Adults
Recovering from
Mental Illness*