

# Welcome to the Ontario Tech Recovery College!

Ontario Tech and Ontario Shores Centre for Mental Health Sciences are collaborating to host a unique mental health and well-being learning centre where people with lived experiences navigating wellness through the post-secondary experience (i.e., experts by experience), mental health professionals, and peers come together to co-create and co-deliver courses series on topics that support mental health (e.g., skill building, recreational, vocational, etc.). These courses will provide education about mental health, wellness, and ultimately discovering or rediscovering passions, hope, and meaning. This program can support you by helping you understand your unique challenges and learn how to manage them better in order to pursue your goals. Groups are led by others with "lived experience" of being a student while navigating wellness and are blended with the expertise of mental health practitioners to help participants develop meaningful and practical goals for recovery. The focus is on hope, empowerment, possibility and connection. See you there!

For more information, or to register, please go to <https://studentlife.ontariotechu.ca/services/health-and-wellness/mental-health-services/groups-and-initiatives/support-groups.php> or email [harrish@ontarioshores.ca](mailto:harrish@ontarioshores.ca).

## **We to Wellness 2.0: Tackling Worry**

### **Date:**

Wednesdays 3 to 4p.m. from January 26<sup>th</sup> to March 2<sup>nd</sup>

### **What will we do?**

Are you feeling worried, nervous or uneasy? Are these emotions leaving you overwhelmed, tired, or drained? Life as a University student can be challenging as it is a time of many changes and uncertainty. From class presentations and midterms to juggling expectations from work, peers, and family, there can be a lot of pressure. In five weekly sessions involving structured curriculum and guided discussions, we will learn to confront the discomfort together!

This course has been updated based on feedback from your peers to be increasingly relevant to the current experiences of students. We welcome those who have taken this course before and newcomers alike!

### **What will you learn?**

- What anxiety is and how it affects the body and daily life.
- Practical tips/strategies to help manage anxiety.
- Accessing and navigating mental health services on and off campus.
- Maintaining boundaries and expectations.
- Talking about anxiety and how to overcome the stigma surrounding it.
- How to develop your own wellness plan.
- Strategies to help cope with uncertainty of the pandemic
- How to connect with others during a pandemic

## **Book Club: Wellness Through Words**

### **Date:**

Mondays 4 to 5p.m. from January 24<sup>th</sup> to March 21<sup>st</sup>

### **What will we do?**

A lot of people have difficulties reading for pleasure because, as students, we are expected to do so much reading for school. In this course, through activities and discussion we will revitalize our interest in reading for pleasure. We will have discussions on how reading impacts our life and what it means to us. We will engage with two books: *A Man Called Ove* by Fredrik Backman and *Atomic Habits* by James Clear. Along with our peers, we form connection through engaging content related to the books' themes, our relationship with reading, and how we can leverage reading in achieving our wellness goals and live a more meaningful and purposeful life.

### **What will we learn?**

- In relation to the book *A Man Called Ove* we will explore how to become better neighbors, citizens, and friends, how to make meaning in our lives, how to help yourself or someone else experiencing mental distress
- In relation to the book *Atomic Habits* we will explore what healthy habits are and how to build them in our lives
- How to engage in Mindful reading
- How we relate to media and how it can affect our mental health
- How to engage in writing without judgement as a fiction to fit our lives

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## Let's Talk About It: Managing Wellness

**Date:** Wednesdays 3 to 4p.m. from March 9<sup>th</sup> to April 6<sup>th</sup>

### What will we do?

Keeping up with school, managing high expectations, navigating relationships and facing the future are challenges we all deal with as students. These demands can cause us to feel stressed, but we are not powerless against them! In this course, we will dive into some curriculum on practical tips and tricks that will equip us to identify and respond to life's stressors. This course will involve guided discussions and activities where you and your peers can connect in a safe space to work through stressful situations and uncomfortable feelings. We will validate each other, learn from one another and foster meaningful connections.

This course has been updated based on feedback from your peers to be increasingly relevant to the current experiences of students. We welcome both those who have taken this course before and newcomers alike!

### What will you learn?

- How to manage, cope with, and address feelings of stress
- How to identify and manage personal stressors
- How to apply practical strategies for self-care
- How to find balance and harmony amongst all aspects of our lives
- About the different aspects of mindfulness and how to apply them