

Learning 2B

Capacity Building Groups

Topic Descriptions

Exploring Recovery

What does Recovery mean to you? Owning your personal recovery journey is key to feeling well. Take this opportunity to discover your values and how they underpin your meaning of recovery. Share your thoughts and feelings in a peer led space and begin to redefine your journey.

Choices in Recovery

This session is designed to piggyback Exploring Recovery. Here, you will be challenged to take charge and address the meaning of personal choice. You will be provided with helpful worksheets designed to support your goals, planning skills, budgeting and choosing the right services for you.

Assert Yourself (Assertive Communication)

Living an enriched and meaningful life can be challenging if we are not communicating effectively. Discover the three main communication styles and learn how assertive communication can enhance your relationships with not only others but also yourself.

Mindful Money

This topic will give you the opportunity to discover the signs and symptoms of financial hardship. Get creative and mind-map financial barriers with a handy list of services and resources that can help you. From Financial Counsellors to goal setting planners, take the leap and take control.

Living a Sensory Life (Sensory Modulation)

Tactile and hands on. This topic explains the benefits of different sensory tools and how you can apply this in your life to suit the needs of your central nervous system. Using sight, sound, taste, and touch discover your sensory preferences and enjoy a relaxing sensory meditation.

Self-Care

Cultivating self-care is a lot like building a muscle. As you open yourself up to self-care, you can begin to feel the benefits. Understand the difference between healthy and unhealthy self-care, from routine to time management, hygiene practices, meal prep and sleep routine.

Angry Kangaroos (Anger Management)

Explore the signs and symptoms of your own states of anger. Begin to identify unhealthy versus healthy coping strategies and take charge of the relationship you have with yourself and others.

My Social Circles

Explore the dynamics behind the relationships that sit within your social circles, from close relatives to friendships to those who support you. Look for ways you can expand on and generate more healthy relationships and connections.

5 Minutes to Friends (Social Connection)

Join in on the action and ‘speed friend’ your peers. This is the perfect way to practice your confidence and communication skills get to know each other better. Fun, friendly, hands-on!

Strengths

Did you know that having a sound knowledge of your strengths *and* weaknesses can help direct you in life and set the stage to making better life decisions? Discover the importance of this process and how you can apply this knowledge into your journey.