



# Group Program Guide

Discover Recreational Respite’s growing list of group programs with descriptions and outcomes in this comprehensive library, by clicking on themes of interest in the table below. To find programs by keyword, press Command+F (Apple) or CTRL+F (Microsoft) and type in the search bar.

## Programs by Theme:

<a href="#"><u>Self-Identifying Leisure Interests</u></a>	<a href="#"><u>Escape Rooms</u></a>	<a href="#"><u>Mindset and Identity</u></a>
<a href="#"><u>Community Involvement</u></a>	<a href="#"><u>Financial Literacy</u></a>	<a href="#"><u>Online Trips</u></a>
<a href="#"><u>Creative Arts</u></a>	<a href="#"><u>Games</u></a>	<a href="#"><u>Physical Activity</u></a>
<a href="#"><u>Deep Dives: by Topic</u></a>	<a href="#"><u>Health and Well-being</u></a>	<a href="#"><u>Social and Leisure Exploration</u></a>
<a href="#"><u>Diversity and Cultural Exploration</u></a>	<a href="#"><u>Independent Skills</u></a>	<a href="#"><u>Science, Technology, Engineering, Math</u></a>
<a href="#"><u>Employment Skills</u></a>	<a href="#"><u>Interpersonal Skills</u></a>	<a href="#"><u>Virtual Skills</u></a>

<b>Self-Identifying Leisure Interests</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Self-Identifying Leisure Interests	This program is an opportunity for participants to collaborate with their peers to consider the ways that they most enjoy spending their time. Through a survey and other activities, participants navigate how their leisure interests positively impact their lives and well-being. Participants are supported in identifying leisure interests while being exposed to new ideas. Participants leave with a tool kit of leisure activities to pull from and refer to in times of stress.	This program promotes emotional regulation, Self-awareness, and sense of purpose.

<b>Community Involvement</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Capturing Kindness	This program encourages participants to consider ways they can spread kindness within their community. Participants can work together with peers to discuss various scenarios and how to approach them with kindness.	Capturing Kindness aims to promote empathy, self-awareness, and interpersonal skills.
Eco Squad: The Three R's	This program discusses the three R's: Reduce, Reuse and Recycle. Participants are encouraged to explore ways that they can implement these strategies for living a more eco-friendly lifestyle, both independently and within their communities.	This program aims to promote creative problem solving, empathy, self awareness, and sense of community.
Environmental Awareness	During this program, participants are encouraged to consider the ways in which they practise environmental awareness and ways that they can improve. Participants are encouraged to strategize eco-friendly habits that they can bring into their own home, and their community.	This program encourages participants to consider the big picture, their day-to-day actions and how they impact the environment. It lends to empathy, self-awareness, and team building skills.

<b>Community Involvement</b>		
Global Citizen Collage	This program gives participants a space to come together with their peers and create an art project that represents ways in which they practise healthy and positive citizenship at home and in their communities.	Through this session, participants connect their learning and reflections to the world around them. continuing to explore being a global citizen. This program lends to creativity and socialisation skills.
The Kindness Project	This program places an emphasis on random acts of kindness and the ripple effect this can have on your community. Participants are encouraged to consider ways they practise kindness in their day-to-day lives, including to themselves.	This program explores kindness through various lenses while encouraging participants to be empathic to one another and understand the impact that kindness has.
Making an Impact In Your Community	During this program participants explore the many ways in which individuals can impact their communities and the benefits that this can have on social health and well being. Participants also have a chance to consider role models in their communities and ways in which they can mentor others.	This program utilises skill sets and ideas from the global citizen workshops to explore different ways individuals can make an impact on their community. Participants are exposed to creating a sense of connection, self-esteem, and leadership skills.
Postcards for Seniors	During this program, participants are encouraged to think about the older adults in their lives, whether it be family, friends, or neighbours. With the guidance of the facilitator, participants create a postcard including writing and/or drawing to demonstrate a random act of guidance for someone who may need it most.	Participants explore empathy and compassion by putting themselves in other's shoes and through decreasing the sense of isolation that seniors are currently facing.
Why Volunteer?	This program explores the many benefits of volunteering, both in terms of personal advancements as well as for your community. Participants are encouraged to consider their own volunteer history and/or ways they can get involved moving forward.	Promotes community engagement, generosity, and empathy with an emphasis on building new skills and gaining experience.

<b>Creative Arts</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Build a Story: Comics	This program gives the opportunity and template to create their own comic strip story. Participants will be provided with examples and tips for success, but have the space to be as creative as they want. This program encourages participants to create a comic overcoming a challenge that they might face during their everyday life.	This program promotes creative expression, problem solving, collaboration, and self-awareness.
Build a Puppet	This Art & Mixed Media program guides participants through building their own puppet. Participants will have space to customise their puppet to their liking and even create a character for the puppet. At the end of the program, participants can work together with their peers to put on a puppet show.	This program promotes creative expression, collaboration, communication, and socialisation.
Build a Stuffie	This Art & Mixed Media program guides participants through building their own simply stuffed animal. Participants will have space to customise their stuffie to their liking, and collaborate with their peers for ideas. Participants are also welcome to bring their favourite stuffed toy to the program to share with their peers.	This program promotes creative expression, socialisation, collaboration, and communication.
Card Making: Be My Valentine?	This Art & Mixed Media program gives participants creative space to create their own Valentine's Day card(s). Participants will have opportunities to collaborate with peers, consider those who are most special to them, and consider ways to communicate how they feel in a creative way.	This program promotes kindness and generosity, communication, reflection, and collaboration.
Card Making: Father's Day	This Art & Mixed Media program gives participants creative space to create their own Father's Day card(s). Participants will be encouraged to consider who the father figures are in their life and what makes them special. Participants will be guided in finding creative ways to express how they feel. This program is intended to be inclusive to everyone.	This program promotes creative expression, communication, kindness, and socialisation.

<b>Creative Arts</b>		
Card Making: General	This Art & Mixed Media program provides participants with inspiration and support from peers to create various styles of cards to be shared with the special individuals in their lives. Card themes might include a thank you card, thinking or you card, congratulations card, condolences card, and birthday cards.	This program lends to creativity, fine and gross motor skills, emotional regulation, and socialisation.
Card Making: Holiday	This Art & Mixed Media program gives participants a space to create a holiday card that is reflective of their own culture and traditions. Participants may share about the holidays celebrated in their culture, and creatively express what it means to them.	This program promotes acceptance and inclusion, creative expression, and socialisation.
Card Making: Mother's Day	This Art & Mixed Media program gives participants creative space to create their own Mother's Day card(s). Participants will be encouraged to consider who the mother figures are in their life and what makes them special. Participants will be guided in finding creative ways to express how they feel. This program is intended to be inclusive to everyone.	This program promotes creative expression, communication, kindness, and socialisation.
Colour Wheel Art	This Art & Mixed Media program provides participants with a playful space to explore primary and secondary colours. Participants will learn how to blend colours and use their skills to create art using mixed media.	This program promotes curiosity, creative expression, socialisation, and play.
Create Your Own Poppy	This Art & Mixed Media program explores Remembrance Day and why we take this time to reflect, respect, and give thanks. Participants will have space to create their own poppy using mixed media and a guided tutorial.	This program promotes respect, gratitude, mindfulness, and creative expression.
Create Your Own Suncatcher	During this hands-on program, participants will have the opportunity to make their own suncatcher art. Each will create a unique design that brings them joy, and can brainstorm and share ideas with peers.	This program aims to support creativity, attention to detail, and socialisation.

<b>Creative Arts</b>		
Creative Writing: Mad Libs	During this program, participants will learn what Mad Libs are and be given opportunities to explore examples with their peers. The facilitator will give the group a brief recap on the parts of speech to facilitate success and understanding.	This program promotes creativity, socialisation, communication, and play.
Creative Writing: Memoir Writing	This program explores what a memoir is and provides examples of famous memoirs. A few warm up writing exercises will be presented before participants will be encouraged to reflect on their own lives and consider what their own memoir. Tips and strategies for success will be covered.	Memoir Writing promotes self-awareness, reflection, collaboration, and communication.
Creative Writing: Poetry	This program explores the different styles of poetry and examples for each. Participants will be given tips and tools to help prompt them in the creation of their own writing. The group can work independently or as a team, to create their own poems and various writing exercises.	This series promotes self awareness, empathy, creativity, and cognitive stimulation.
Creative Writing: Short Stories	These programs explore a variety of writing styles and genres, alongside breaking down the essential elements to each. Participants engage in a series of writing activities to encourage creativity and new ideas.	Creative writing lends to therapeutic expression, communication skills, and the exploration of new perspectives and ideas.
Design & Dazzle	This program explores innovation and creativity through the concept of design. Whether it be buildings, clothing, or even a car; participants work collaboratively or independently to tap into their design skills.	This program promotes curiosity, spatial awareness, and individuality through the exploration of design.
Drama Showstoppers	During this program, participants engage in a series of icebreakers that promote self-expression and improvisation. As a group, participants have the opportunity to create their own short skit with the guidance of the facilitator.	This program encourages participants to step out of their comfort zone, and promote confidence and self-esteem, creativity, and public speaking skills.

<b>Creative Arts</b>		
Falling for Photography	Participants join their peers to explore various styles and techniques of photography. Participants have the opportunity to determine their personal taste in photography and are guided through tips and settings on their own cameras. All technology is welcome.	This program aims to offer an outlet for creative expression which can lead to improved self esteem, emotional regulation, and mindfulness.
Jewellery Making	During this hands-on program, participants will be presented with very styles of jewellery and have options when considering their own designs. Participants are encouraged to add their own personal flair to jewellery and consider who they are making the piece for.	This program promotes creativity, strategic planning, and socialisation.
Learn to Draw: Animals	During this Learn to Draw program, participants will have the opportunity to collaborate with peers and choose a few different animals that they are interested in learning how to draw. Participants are provided with step by step instructions to guide them, while given space to add personal touches to their creations.	This program promotes attention to detail, patience, creativity, and socialisation.
Learn to Draw: Birds	During this Learn to Draw program, participants will have the opportunity to collaborate with peers and choose a few different birds that they are interested in learning how to draw. Participants are provided with step by step instructions to guide them, while given space to add personal touches to their creations.	This program promotes attention to detail, patience, creativity, and socialisation.
Learn to Draw: Cartoon Characters	During this Learn to Draw program, participants will have the opportunity to collaborate with peers and choose a few different cartoon characters that they are interested in learning how to draw. Participants are provided with step by step instructions to guide them, while given space to add personal touches to their creations.	This program promotes attention to detail, patience, creativity, and socialisation.

<b>Creative Arts</b>		
Learn to Draw: Flowers	During this Learn to Draw program, participants will have the opportunity to collaborate with peers and choose a few different types of flowers that they are interested in learning how to draw. Participants are provided with step by step instructions to guide them, while given space to add personal touches to their creations.	This program promotes attention to detail, patience, creativity, and socialisation.
Learn to Draw: People	During this program, participants will be guided through step-by-step tutorials on how to draw different features of a person. Participants will be shown various design techniques for drawing people and provided with tips and tools for success.	This program promotes attention to detail, patience, creativity, and socialisation.
Learn to Draw: Self Portrait	During this interactive program, participants are guided through a step-by-step tutorial on creating their own "split self-portrait" - a unique design that brings together an individual's surface appearance with the qualities and interests that make them unique.	This creative exploration program supports self awakeners, personal identity, confidence, and socialisation.
Learn to Draw: Your Choice	In this program, participants are guided through a handful of step-by-step drawing tutorials based on the group's ideas and inspiration. Participants are encouraged to add their own creative touch to their pieces and have space to collaborate and share ideas with peers.	Drawing lends to self-care practices, self-regulation and information processing through following steps and fine motor skills.
Learn to Paint	During this program, participants will be guided through a painting tutorial, which can be customised to their liking. Participants will have the opportunity to share ideas with their peers and show off their final results. This program is accessible to all skills levels.	This program promotes creative expression, collaboration, socialisation, and decision making.



<b>Creative Arts</b>		
Let's Make Anime	During this program, participants can explore samples of different styles of Anime and what makes it unique from other types of animation. Participants will be guided through a tutorial on how to make their own anime character and be provided with prompts to build their own storyline.	This program promotes creativity, cultural exploration, individuality, and attention to detail.
Let's Make Paper Snowflakes	During this seasonal program, participants will be guided through a tutorial on how to make a paper snowflake. Participants will have space to decorate their final product with various mixed media. This program contrasts the uniqueness of every snowflake with the individuality of each of us.	This program aims to promise creativity, individuality, self-awareness, and socialisation.
Making Musical Instruments	During this program, participants are encouraged to work together in creating and performing music. Participants can create a DIY musical instrument as well as explore various instrumental families.	Lends to collaboration, leadership, communication, and social skills.
Making Seasonal Ornaments	During this seasonal program, participants can explore different seasonal ornament designs from various cultures. Using mixed media, participants will have a hands-on opportunity to create and design their own unique decorative ornament, with the guidance of the facilitator.	This program promotes socialisation, cultural exploration, creativity, and individuality.
Making Windchimes	During this hands-on program, participants are guided through a step-by-step tutorial on how to make their own unique windchimes using various mixed media. Participants are encouraged to collaborate and share ideas and experiences with peers.	This program promotes creativity, patience, and socialisation.

<b>Creative Arts</b>		
Origami for Beginners	As a group, participants explore the ancient practice of origami. Participants are guided through step-by-step tutorials on how to create simple origami pieces. With the guidance of our facilitator, participants learn how they can take their origami practice outside of the program to be shared with others.	Lends to patience, emotional regulation, creativity, and fine motor skills.
Puff Paint Show	This Arts & Mixed Media program gives participants a hands-on and interactive experience to explore a new way of creating. Participants will learn how to make their own puff paint and have space to apply their creations to different designs.	Puff Paint Show promotes curiosity, creative exploration, socialisation, and play.
Rock Painting	This Arts & Mixed Media program provides participants with a space to express their creativity in a unique way. Participants can engage in an interactive activity with their peers that suggests spreading random acts of kindness to others.	Rock Painting promotes creative expression, kindness, and empathy.
Seasonal Egg Decorating	During this program, participants have space to explore various art mediums that can be used to decorate an egg. This program is a seasonal activity best suited for the Spring, but can be explored any time of year.	Seasonal Egg Decorating aims to promote creativity, emotional regulation, and socialisation.
What Is Creativity?	During this program, participants explore ways in which they are creative in their everyday lives. Participants are encouraged to consider new ways to enhance their creative mind as well as the many benefits creative hobbies can have on mental well-being.	The goal of this program is to provide insights on creativity and how it can be captured and explored differently for everyone.

<p style="text-align: center;"><b>Deep Dives</b></p> <p style="text-align: center;">These research and play programs explore a focused subject. Participants are encouraged to collect information prior to the program and share new ideas and insights with peers.</p>		
Title	Description	Outcomes
Deep Dive: Charlie Brown	This program explores the classic fictional world of Charlie Brown. Topics discussed include, but are not limited to, history, characters, fun facts, and seasonal storylines.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: Halloween	This program explores the autumn celebration of Halloween. Topics discussed include, but are not limited to, history, cultural traditions and practices, and costumes and decoration.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: Insects	This program explores the scientific world of bugs and insects. Topics discussed include, but are not limited to, species, diets, lifespans, habitats, and fun facts.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: North Pole	This program explores the geographical and fictional location of the North Pole. Topics discussed include, but are not limited to, wildlife, temperature and seasonal changes, and the popular association with Santa's Village.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: Poppies	This program explores the poppy flower and its association with Remembrance Day. Topics discussed include, but are not limited to, history, symbolism, modern use, and poetry.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: Reptiles	This program explores the world of reptiles and amphibians. Topics discussed include, but are not limited to various species, habitats, diet, lifespan, and fun facts.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.

<b>Deep Dives</b> These research and play programs explore a focused subject. Participants are encouraged to collect information prior to the program and share new ideas and insights with peers.		
Deep Dive: The Beatles (Musical Group)	This program explores the popular British musical group, The Beatles. Topics discussed include, but are not limited to, history, band members, popular songs, influence, and fun facts.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: The Four Seasons	This program explores the four seasons: winter, summer, fall, and spring. Topics discussed include, but are not limited to, the seasons around the world, understanding weather, and fun facts.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: Walt Disney	This program explores the historical figure, Walt Disney. Topics discussed include, but are not limited to, early life, inspiration, challenges, rise to fame, and the modern world of Disney.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive Winter Olympics	This program explores the Winter Olympics. Topics discussed include, but are not limited to, history, locations, sport competitions, and fun facts.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.
Deep Dive: World Records	This program explores world records. Topics discussed include, but are not limited to, history, who tracks the world records, categories of records, and fun facts.	This program aims to promote curiosity, critical thinking, communication, and exploration of new interests.

<b>Diversity and Cultural Exploration</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Art & Culture Around the World	During this program participants are guided through the different cultures around the world as well as explore a unique cultural art project as a group.	This program encourages global awareness, acceptance, creative exploration, and socialisation.
Cultural Dance Exploration: Indian Dance	During this interactive program, participants will have the opportunity to explore various styles of Indian dance and watch demonstrations with peers. As a group, participants can practise various Indian dance moves and techniques with peers.	This program promotes cultural exploration, confidence, creativity, and spatial awareness.
Cultural Dance Exploration: Latin Dance	During this interactive program, participants will have the opportunity to explore various styles of Latin dance and watch demonstrations with peers. As a group, participants can practise various Latin dance moves and techniques with peers.	This program promotes cultural exploration, confidence, creativity, and spatial awareness.
Exploring Diversity	This program explains what diversity means and how individuality can make the world a more interesting and exciting place to live in.	This program aims to promote global awareness, acceptance, kindness and empathy, and common interests.
Fostering Acceptance (LGBTQ2+)	During this program, participants will explore their own emotions and how they respond to challenging situations. Participants will be provided with tools and strategies to help navigate acceptance and regulate emotions when things don't go as expected.	During this program, participants will explore how to express compassion for themselves and others and learn how individuals within a group can have many different perspectives.
Indigenous Art & Culture	During this program, participants will be introduced to a few elements of Indigenous culture. Participants will have space to explore practices and traditions, cuisine, language, and various examples of Indigenous art.	This program aims to promote cultural exploration, empathy, curiosity, and self awareness.

<b>Diversity and Cultural Exploration</b>		
Multicultural Studies: French (series)	This series includes three language programs where participants are guided through basic French vocabulary and have opportunities to practise simple phrases and conversation with peers. The fourth and final program in the series explores the countries and cultures where the French language is spoken.	These programs promote global awareness, communication, empathy, and acceptance.
Multicultural Studies: Italian (series)	This series includes three language programs where participants are guided through basic Italian vocabulary and have opportunities to practise simple phrases and conversation with peers. The fourth and final program in the series explores the countries and cultures where the Italian language is spoken.	These programs promote global awareness, communication, empathy, and acceptance.
Multicultural Studies: Spanish (series)	This series includes three language programs where participants are guided through basic Spanish vocabulary and have opportunities to practise simple phrases and conversation with peers. The fourth and final program in the series explores the countries and cultures where the Italian language is spoken.	These programs promote global awareness, communication, empathy, and acceptance.
Pop Culture	This program explores what pop culture is and how it can look different in different parts of the world. Participants will be able to explore examples of North American pop culture including music, television/ movies, food and shopping, sports, and games. Participants are encouraged to share their own ideas of pop culture which are relevant to their interests, community, and cultural background.	This program promotes acceptance and inclusion, curiosity, exploring common interests and new interests,

<b>Employment Skills</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Accessible Employment	This program focuses on the concepts including accessibility, diversity, and inclusion in the workplace; how to determine and request accommodations in the workplace; and advocating for yourself and others.	Accessible Employment promotes confidence and self-esteem, advocacy, and empathy.
Building Your Resume	During this program, the facilitator guides participants through a mock resume and outlines the various key elements that can be included. Participants have the opportunity to build their own resume, receiving support from the facilitator and their peers.	Promotes an enhanced understanding of the building blocks to creating a resume, professionalism, and self awareness.
CLUE: Career Discovery Edition	This interactive activity puts a twist on the classic board game, Clue. Participants will be introduced to three unique characters and given a tour of where they live. Using their detective notes card, they can collect information about the character that will help them determine the ideal career path for them.	This program promotes critical thinking, observation skills, collaboration, and creative problem solving.
Exploring Careers	During this program, participants are provided with a safe space to consider various career paths that best suit their lifestyle. Participants have opportunities to research what a day in the life of specific careers of their interest might look like.	Aims to support confidence in exploring a variety of career paths with an emphasis on personal interests, skill sets, and goals.
Interviewing Skills	During this program, participants watch a mock interview and compare the good interview strategies from the bad. With the guidance of the facilitator, participants consider the elements of a good interview and how to practise professionalism and confidence when applying for jobs.	Aims to demonstrate the elements of a good interview with emphasis on active listening, professionalism, and confidence.

<b>Employment Skills</b>		
Online Job Search	This program helps participants to navigate the different ways to search for a job and consider the increasingly popular online job boards. Participants are guided through a mock job posting and supported in navigating the different key elements.	Explores various methods to search for a job while supporting independence, attention to detail, and- critical thinking.
Professional Boundaries & Barriers	This program starts by discussing the concept of boundaries and how to set and respect boundaries in the workplace. The facilitator explores what barriers are and encourages participants to consider the barriers they face when applying for work.	Promotes self-awareness through setting up professional boundaries in the workplace with an additional emphasis on advocacy.
Safety First (Workplace Health & Safety)	This program focuses on the importance of safety in the workplace and discusses the many potential dangers that can be faced in various career types.	Promotes self-awareness through setting up professional boundaries in the workplace with an additional emphasis on advocacy.
Setting Goals For Success	This program focuses on goal setting and how to set SMART goals. Participants are encouraged to consider their career goals and be supported in creating an individualised plan for success.	Explores the process of setting SMART career goals and the steps required to accomplish them.
Teamwork	This program focuses on teamwork through an employment/volunteerism lens. Participants can explore the differences between working as a team versus working independently, determine which type of work environment they prefer and how to add this skill to a resume.	Teamwork aims to promote self-awareness, interpersonal skills, and confidence.
Workplace Readiness Skills	During this program, participants discuss the difference between hard and soft skills. They are encouraged to consider their areas of strength in each as well as areas for improvement.	Promotes self-awareness through the exploration of personal strengths and weakness while offering guidance on fundamental skill development.



<b>Escape Rooms</b>		
These programs are a virtual only experience that involves solving various clues and challenges to complete an end goal.		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Escape Room: Avengers	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With an Avengers theme, participants have the goal of finding each of the missing infinity stones.	This program promotes critical and strategic thinking, collaboration and the exploration of new interests.
Escape Room: Back to School	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a back to school theme, participants have the goal of finding their way through a new school.	This program aims to support confidence, independence, teamwork, and strategic thinking.
Escape Room: Capturing Kindness	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a capturing kindness theme, participants have the goal of escaping after being trapped inside a camera.	This program aims to promote empathy, communication, healthy relationships, and collaboration.
Escape Room: Case of the Missing Lucky Charms	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With an Irish theme, participants have the goal of finding each of the missing lucky charms.	This program aims to promote collaboration and teamwork, critical thinking, and patience.
Escape Room: Disaster Island	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a growth mindset theme, participants have the goal of figuring out how to escape disaster island and the many challenges that are faced when stranded.	This program promotes a growth mindset, teamwork, resilience, and strategic thinking.
Escape Room: Dungeons & Dragons	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a Dungeons & Dragons theme, participants have the goal of working together with fellow gnomes to escape an underground dungeon being guarded by a giant troll.	This program aims to promote imagination, teamwork, strategic thinking and the exploration of new interests.

<b>Escape Rooms</b>		
These programs are a virtual only experience that involves solving various clues and challenges to complete an end goal.		
Escape Room: Emotional Toolbox	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With an emotional awareness theme, participants have the goal of helping the emotions from Inside Out (film) get their colours back and learn how to express themselves.	This program promotes self awareness, emotional regulation, empathy, and teamwork.
Escape Room: Environments Awareness	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With an environmental awareness theme, participants have the goal of shrinking the earth's ecological footprint by three centimetres.	This program promotes empathy, self awareness, collaboration, and critical thinking.
Escape Room: Haunted House	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a Halloween theme, participants have the goal of escaping the haunted house with their peers.	This program aims to promote critical and strategic thinking, collaboration, resilience, and patience.
Escape Room: Making Choices	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a making choices theme, participants have the goal of working with fellow astronauts to fix the spaceship.	This program promotes healthy decision making, communication, team work, and problem solving.
Escape Room: Memory Masters	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a memory theme, participants have the goal of finding all of the keys in order to escape the Memory House.	This program supports cognitive well-being, strategic thinking, collaboration, and patience.
Escape Room: Pop Culture	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a pop culture theme, participants have the goal of finding all the missing letters from the Hollywood sign, which are hidden around pop culture.	This program aims to promote critical thinking, teamwork, communication, and exploration of new interests.

<b>Escape Rooms</b>		
These programs are a virtual only experience that involves solving various clues and challenges to complete an end goal.		
Escape Room: Sherlock Holmes	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a Sherlock Holmes theme, participants have the goal of helping Sherlock and Watson find the priceless painting that has gone missing from inside of the museum.	This program promotes strategic thinking, collaboration, patience, and exploration of new interests.
Escape Room: Summer Vacation	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a summer vacation theme, participants have the goal of working together with peers to find the missing camp counsellor.	This program promotes teamwork, critical thinking, and patience.
Escape Room: This Is Me!	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a self-expression theme, participants have the goal of helping the fictitious character, Sam, understand the different ways of expressing themselves so they can return to the present day after travelling back in time.	This program aims to promote self-expression, communication, individually and empathy.
Escape Room: Warrior Cats	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a Warrior Cats theme, participants have the goal of escaping a menacing maze created by the evil Tigerstar.	This program aims to promote teamwork, resilience, strategic thinking, and the exploration of new interests.
Escape Room: Wilderness Skills	During this program participants will be encouraged to collaborate with peers to solve a series of clues, riddles, and puzzles. With a wilderness theme, participants have the goal of using the map to escape the forest after an emergency aircraft landing.	This program promotes critical thinking, collaboration, resilience, and exploration of new interests.

<b>Financial Literacy</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Budgeting: Daily Living	During this program, participants discuss the importance of budgeting. The facilitator guides participants through practice exercises to help build understanding of the importance of budgeting when independently managing your money.	This program supports skill sets including organisation, self awareness, strategic planning and setting goals.
Grocery Game	This program is a fun way to practise budgeting. Participants go through a series of challenges where they are provided with a specific budget and choose between various options while still staying within it.	During this program participants explore budgeting in relation to grocery shopping; this program promotes planning and organisation, strategic thinking, and prioritising.
Healthy Spending Habits	This program explores how to decrease feelings of overwhelm due to lack of knowledge about finances and aims to empower participants to become more independent and confident about money.	This program lends to goal setting, financial literacy, self awareness, and strategic thinking/problem solving.
The Importance of Saving	This program covers explanations and strategies for saving and investing your money. Participants have a safe place to ask questions and be encouraged to engage in activities to help build understanding.	This program aims to promote strategic planning and goal setting, organisation, and self awareness.

<b>Games</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Bingo: Classic	During this interactive program, participants will have the opportunity to compete against their peers in the classic game of bingo. Bingo cards are provided.	During this program, participants have the opportunity to engage in healthy competition in a fun and safe social environment.
Bingo: Music	This program puts a fun twist on the classic game of bingo. Instead of numbers, the Bingo cards consist of song titles; the facilitator will play a song clip for the group and participants have to try and guess the song title before they can check off the corresponding square on their bingo cards.	This program promotes positive sportsmanship, collaboration, music exploration, and socialisation.
Bingo: Social	This program puts a fun twist on the classic game of bingo. Instead of numbers, bingo cards consist of a wide range of personality traits, experiences, likes/dislikes, and physical characteristics. Participants will be encouraged to socialise with their peers and ask questions in order to check off corresponding squares on their bingo card.	This program promotes socialisation, identity and individuality, positive sportsmanship, and interpersonal skills.
Cards Night	During this program, participants will be able to select their favourite card game to play with peers. The facilitator will ensure that everyone understands the rules and will guide the participants through practice games.	Cards Night promotes socialisation, positive sportsmanship, team building, and interpersonal skills.
Dungeons & Dragons (A Role Play Series)	These programs are loosely-based on the role-play game, Dungeons & Dragons, with an emphasis on cooperative storytelling. With the guidance of the Game Master, participants can explore new and challenging scenarios with peers each week.	Players work together to navigate through challenges, peril, and puzzles all under the guidance of their Game Master.
Game Shows	During this program, participants have the opportunity to play various popular game show activities. Participants can work independently or as a team with peers to solve various challenges.	This program aims to support positive sportsmanship, critical thinking, processing skills, and teamwork.

<b>Games</b>		
Riddles & Puzzles	This group social program presents participants with a series of riddles and puzzles that can be solved independently or as a team. Challenges vary in difficulty and participants will also have space to share their own challenges with their peers.	This program promotes critical thinking, teamwork, patience, and exploration of leisure interests.
Survivor: Team Building	This program offers a variety of team building challenges and exercises that participants must work on with their peers to accomplish.	Participants complete a series of challenges that help enhance teamwork skills, planning, goal setting, and communication skills.
Trivia: Disney	During these programs, participants can work independently or as a team to answer various trivia questions and explore new and familiar themes and categories related to Disney.	This program promotes collaboration, positive sportsmanship, curiosity, and socialisation.
Trivia: General	During these programs, participants can work independently or as a team to answer various trivia questions and explore new and familiar themes and categories.	This team building program aims to support critical thinking, socialisation, and positive sportsmanship.
Trivia: Pop Culture	During these programs, participants can work independently or as a team to answer various trivia questions and explore new and familiar themes and categories related to pop culture.	This program promotes collaboration, positive sportsmanship, curiosity, and socialisation.
Virtual Board Games	This program offers a virtual space to play new and familiar board games with peers and encourages positive sportsmanship.	This program fosters critical thinking, self-esteem, socialisation, and numeracy.
Virtual Board Game: Minecraft Edition	During this interactive program, participants can learn the rules of this unique Minecraft themed virtual board game. Participants can work independently or in pairs to navigate the various challenges.	This program promotes socialisation, strategic thinking, and positive sportsmanship.

<b>Health and Well-Being</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
24/7 Health Tips	This program explores ways in which you can bring healthy practices into your everyday life. From sleep, to nutrition, to movement, participants explore fun and creative ways to make a healthy lifestyle both enjoyable and rewarding.	This program offers a holistic approach to health and wellness; it lends to self awareness, delayed gratification, and overall well being.
Benefits of Active Living	This program explores benefits and strategies for an active lifestyle. Participants will be encouraged to consider their current activity levels, and realistic ways that they can improve. This program gives participants a space to connect with their peers about their goals and create a network of support and encouragement,	Active Living promotes physical and mental well-being, patience, perseverance, and a growth mindset.
Catching Some Zzz's (Practising Healthy Sleep Habits)	This program explores the importance of sleep hygiene. Topics covered will include, the benefits of a good night sleep, how to improve sleep quality, how to create a realistic and customisable sleep routine. Participants will be encouraged to share ideas and experiences with peers,	This program promotes overall well being, patience, communication, and self awareness.
The Domains of Well-Being	This program explores the Social, Physical, Mental, and Spiritual domains of wellbeing and everyday practices and activities that can help to enhance them.	Aims to support a holistic lifestyle by exploring varying tips and strategies to intentionally bring contentment in everyday life through determining personal goals.
Fitness & Nutrition	This program discusses the importance of movement and nutrition and ways to bring these into your routine with small manageable changes.	Aims to support a healthy lifestyle through exercise and realistic nutrition goals.
Healthy Food Choices	This program discusses the importance of healthy eating and gives participants various activities and exercises to creatively bring healthier eating habits into their everyday routines.	This program's active and fun activities help participants learn how to make healthy food choices through implementation of Canada's Food Guide and knowledge of nutrition labels and ingredient lists.

<b>Health and Well-Being</b>		
How to Create a Meal Plan	This program explores the benefits of meal planning and encourages participants to consider some staple meals that they enjoy to eat throughout the week. Participants are guided through meal planning strategies that focus on realistic and customisable approaches.	This program aims to support physical wellness, confidence and independence, and strategic planning.
Life During a Pandemic	This program provides participants with a safe space to discuss the impacts and emotions that come with living through a pandemic. Participants collaborate to brainstorm coping strategies to help make isolation a more manageable process.	This program lends to empathy, emotional regulation, active listening, and compassion for one another.
Self Care Practices	This program focuses on a personalised approach to self care. It gives participants an opportunity to reflect on what makes them feel their best, especially during challenging times. Tips and suggestions for self care are covered and participants are encouraged to brainstorm ideas with their peers.	Self Care promotes self-awareness, mindfulness, empathy, and strategic thinking.
Squeaky Clean (Personal Hygiene)	This program discusses the importance of a good hygiene practice for personal and professional success. Participants are provided with tips and strategies to implement healthy self-care and cleanliness practices in their everyday lives.	Promotes healthy habits and independence in relation to taking care of one's own body and mind.
Why Stretch?	During this program, participants will be guided through the benefits of a regular stretching practice, creating a realistic and customisable stretching routine, and figuring out which stretches are right for them. Participants will have space to share and learn new stretches with their peers.	Why Stretch promotes physical well-being and mobility, mindfulness, and self-care.



<b>Independent Skills</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Bake Off!	During this interactive program, participants will have the opportunity to bring their own ingredients and follow a recipe with the guidance of the facilitator. Participants will have space to customise their creations and share their success with their peers.	This program promotes patience, creativity, independence, and socialisation.
Bon Appetit With a Twist	This program brings together culinary exploration with nutrition. Participants will have interactive opportunities to create a guided recipe with their peers. Once complete, participants can enjoy their creations while learning about and discussing what nutrition means to them, and tips for incorporating healthy food options into their diet.	This program promotes creativity, confidence and independence, self-awareness, and physical well being.
Bullet Journaling	This program provides participants with a creative twist on journaling. Participants will learn what bullet journaling is and how they can use it to be successful in everyday life. Participants will be given guidance and examples to start their own bullet journal	Bullet Journaling promotes time management and organisation, creative expression, and independence.
Commuting In Your Community	During this program, participants are guided through the different ways that they can commute in their own communities. Participants are given demonstrations and support on using maps, asking for directions, and searching for which commuting options are available in their area.	This program aims to increase confidence and independence through the understanding of commuting options and strategies.
Cooking Club (series)	These hands-on and interactive programs give participants an opportunity to practise their cooking skills with snacks, breakfasts, lunches, and dinners!	Reviews kitchen safety and useful cooking tips while promoting confidence and independence in the kitchen.

<b>Independent Skills</b>		
Creating Routines	This program explores creating morning and night routines and how they can help to create a foundation to individual goals. Participants are provided with templates and various strategies that they can use to implement healthy routines in their everyday lives.	Explores how to create healthy and productive morning and night routines that lead to a healthy lifestyle and personal goal development.
Learn About Responsible Pet Ownership	During this program, participants will learn what being a responsible pet owner means. Topics covered will include pet hygiene, feeding routines, playing and walking, and health care. This program is ideal for participants who already own a pet or are considering becoming a pet owner.	Responsible Pet Ownership promotes empathy, dependability, time management, and independence.
Managing Your Daily Schedule	Participants explore various ways they can manage their schedule and consider the one(s) that work best for them based on their lifestyle. Participants also explore the elements of the individual schedules and practice prioritising and time management.	This program encourages participants to take responsibility of their own schedules and promotes independence, strategic thinking, organisation, and self esteem.
Me, Myself, and I (Making Space for YOU)	This program places an emphasis on the benefits and importance of solitude. While socialisation can be equally as healthy and enjoyable, spending time alone can be fantastic for your well-being. Participants are encouraged to consider the ways they like to spend time alone and how solitude makes them feel.	Explores the benefits of spending time alone and how to make space for leisure and relaxation.
Time Management & Organization	Reviews a variety of tools and techniques for maintaining organisation and effectively managing and prioritising responsibilities.	Promotes self-awareness, strategic planning, and productivity.
Travelling Safely	This program explores travel, whether that be domestic or international. Topics covered include planning and preparation, travel buddies, and how to safely ask for help in an unfamiliar place. Participants will also have the opportunity to engage in interactive travel activities.	This program promotes safety and security, confidence and independence, and curiosity.

<b>Interpersonal Skills</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Active Listening & Communication	During this program participants discuss the importance of active listening and how it can impact relationships, learning, and professional goals. Empathy is also discussed and practised.	Aims to support skill development in areas such as non-verbal communication, manners, social etiquette, and empathy.
Body Language	This program explores what body language is and how to read it. Participants will have the opportunity to explore various scenarios and examples to apply their knowledge and practice understanding body language and how to respond to it.	This program promotes confidence, interpersonal skills, communication, and empathy.
Bullying Awareness & Prevention	This program explores an anti bullying mindset. Topics covered will include different forms of bullying, the negative effects bullying can have on someone, and ways to advocate for peers and create a safe and inclusive environment for all. Participants will explore various scenarios and examples to apply what they have learned.	This program promotes kindness and empathy, interpersonal skills, inclusion and acceptance, and communication.
Conversation Skills	This program explores how to have a conversation. Topics including initiation conversations, entering a group discussion, and ending conversations will be discussed. Participants will also be given role play opportunities to practise and apply their learning.	This program promotes communication and interpersonal skills, confidence, and self-esteem.
Dating & Healthy Relationships	Explores the qualities of healthy romantic relationships, advocating for oneself, and the importance of independence and personal interests.	Aims to super interpersonal skills, communication, and self worth.
How to Approach People	Participants discuss the emotions that can arise when approaching new people and situations and strategize coping methods to help reduce social anxiety.	Aims to support confidence, stress management, emotional regulation, and communication skills.

<b>Interpersonal Skills</b>		
How to Be a Good Roommate	During this program participants explore the many things to consider when having a roommate and different practices and habits to consider when living with someone else.	Promotes empathy, compromise, and active listening while exploring the many elements of sharing a living space.
Identifying Healthy Relationships	During this program, participants will explore various strategies to lend towards healthy relationships and social interactions; this includes family, peers, and coworkers. This program aims to help participants identify the difference between healthy and toxic relationships and strategies for navigating them.	This program aims to directly address the social and emotional skill sets that lend to building and keeping positive relationships; this is explored through the practice of gratitude, kindness, and communication.
Intro to Socialization	This program teaches participants the basic fundamentals of social skills and navigating social spaces. This program places an emphasis on being yourself and preserving your unique individuality while gaining confidence and independence in social settings.	This program supports interpersonal skill development, communication, self-awareness, and empathy.
Leadership Skills	Participants are encouraged to consider the good leaders in their lives and what qualities they possess. As a group, participants discuss the concept of entrepreneurship and how to explore this path to meet personal goals.	Critical thinking and positive responses to life-based situations are practised; fostering self-efficacy, self-esteem, and self-expression while exploring how we can implement skills of leadership into our everyday practice.
Making Friends	This program explores the challenges that are often faced when trying to make new friends while providing strategies and techniques for meeting new people, exploring similar interests, and building healthy friendships.	This program aims to promote confidence, self-esteem, interpersonal and communication skills.
Navigating Social Spaces	This program explores healthy interpersonal skills and utilises activities and role play to help foster confidence in social situations.	Social Spaces aims to foster confidence and self-esteem while helping to combat social anxiety.

Interpersonal Skills		
Problem Solving & Communication	Participants explore various challenging circumstances and work together with their peers to solve difficult problems.	This program lends to critical and strategic thinking, independence, and team building.
Respect	This program covers the importance of respecting others, but also respecting yourself. Participants will be guided through ways in which respect can be demonstrated, who we should show respect to (everyone), and how being respectful to others reflects on your own character. Participants will have an opportunity to explore mini scenarios and apply what they have learned with their peers.	Respect promotes self-awareness, kindness and empathy, and a positive attitude.
Road Tripping (Team Work)	This program approaches the concept of teamwork in a fun and interactive way. Participants will be guided through a virtual "road trip" with their peers, where they will be met with a series of challenges to test their team work skills.	This program promotes leadership, collaboration, critical thinking, and a growth mindset.
Celebrating Us! (A Group Identity Poster Project)	This program encourages participants to consider their "group identity" by creating a unique puzzle poster that highlights everyone's differences and commonalities.	Participants gain further insight on themselves and others building an increased sense of self-esteem, confidence, and connection to others.

Mindset and Identity		
Title	Description	Outcomes
100 Ways to Squeeze a Lemon	This program encourages thinking outside the box to find unique solutions to difficult questions and challenges. Participants are guided through various activities and encouraged to work collaboratively when considering all the possible ways that one can squeeze a lemon and more!	The purpose of this program is to inspire creative thinking; it promotes collaboration and team building, critical thinking and communication.

<b>Mindset and Identity</b>		
Acceptance & Self-Esteem	This program encourages acceptance of others for their differences as well and acceptance of your own unique traits. Positive self-esteem leads to improved mental health, social relationships, school, and work performance, and allows for one to reach their full potential.	Participants leave this program with tools that help to build their self-worth as well as methods to combat times of negative self-thoughts.
Building an Emotional Toolbox	This program explores the various challenging emotions that are often faced in day-to-day life such as sadness, anxiety, frustration, and overwhelm. Participants will be provided with tips and strategies for navigating the emotion zones and work together to try to find techniques that best suit them.	This program promotes self-awareness, emotional regulation, empathy, and patience.
Can You Survive Disaster Island?	During this program, participants will start by drawing themselves on a simple island. With the use of a randomised wheel, participants will be presented with various challenges and obstacles that they will face on their island. Each round, participants will have to draw something new on their island to help them overcome the obstacle and share their ideas with peers.	This program promotes creative problem solving, critical thinking, planning and preparation, and socialisation.
Choices Challenge Three Part Series: Intro, Confidence, Taking Control	This program is intended to help combat the overwhelm and anxiety that can sometimes come with making choices. Participants will be guided through a series of challenges to help build confidence in their decision making skills. Participants will have space to collaborate with peers and work together to meet a common goal.	Choices Challenge promotes confidence, independence, cognitive well being, and collaboration.
Exploring Identity	This program encourages participants to consider their own identities and the various elements that impact who they are as a person.	This program lends to self awareness, goal setting, communication, and self esteem.

<b>Mindset and Identity</b>		
Goals & Resolutions	This program encourages participants to reflect on their current lifestyle and consider the areas that they wish to improve. Participants will be encouraged to collaborate with peers to create plans and a network of support to help them be successful in their goals.	This program promotes planning and preparation, self-discipline, patience, and self-awareness.
Journaling	During this program, participants explore the art of journaling and the benefits it can have on mental health and well-being. Participants discover various styles of journaling as well as prompts to help guide their practice.	Promotes an everyday wellness routine that can support mental, emotional, and spiritual well-being. This program lends to an improved outlook on life, self-awareness, empathy, and patience.
Making Healthy Decisions	During this program, participants discuss what can make decision making so challenging, and ways to reduce uncertainty and anxiety. Participants are presented with various scenarios and work together with their peers to practise healthy decision making.	Promotes skill sets such as problem solving, strategic thinking, and confidence when tackling challenging decisions.
Memory Masters (Strengthening Your Memory)	This program discusses the benefits of challenging the mind with memory building strategies. Participants will have interactive opportunities to put their memories to the test and explore techniques for improving performance.	This program promotes cognitive well-being and stimulation, confidence, and self-esteem.
My Brain	This program explores how all individuals think and feel differently from one another. Participants will engage in various activities to help them understand how their own mind works, and coping mechanisms for more challenging situations.	Explores the scientific mechanics of emotions with the goal to support regulation, stress management, and the importance of a growth mindset.
Meditation & Mindfulness	This program explores the difference between meditation and mindfulness and how it can impact your overall health and happiness. Through a series of guided activities and exercises, participants can practise these skills and be provided with resources and strategies to bring them forward after the program.	This program aims to promote self-care, emotional regulation, mental well-being, and resilience.

<b>Mindset and Identity</b>		
My Mind	This program encourages participants to reflect on their own state of mind on a day-to-day basis in order to build a sense of identity. Participants are encouraged to share about their own quirks, likes and dislikes, and fears, to allow them a space to relate to their peers and appreciate their individuality.	My Mind promotes emotional regulation, anti-bullying, empathy, and self-esteem.
Navigating Grief & Loss	During this program, participants are presented with various coping strategies to help navigate and cope with grief and loss. Through poetry and art, participants consider new perspectives when faced with potentially the most difficult of circumstances.	With the guidance of the facilitator, participants explore poetry and art as an effective coping strategy when experiencing grief and loss. This program fosters emotional regulation, empathy, resilience, and communication.
The Power of YET (Growth vs Fixed Mindset)	Explores the difference between a growth versus fixed mindset and how to practise “The Power of Yet” when learning new skills and engaging in new experiences.	Aims to support a positive attitude, perseverance, and confidence.
The Red Zone (Understanding Anger)	During this program, participants discuss various strategies to help understand and cope with feelings of anger. Participants also consider the different approaches to managing anger in the moment, while also building healthy habits to process feelings of anger before they become explosive.	This program encourages patience and mindfulness while promoting skills sets such as empathy, self-awareness, and resilience.
Super You!	During this program, participants will have the opportunity to create their own superhero and storyline. Participants will be encouraged to collaborate on ideas with their peers and use their imaginations to come up with unique ideas.	Aims to promote empathy, self regulation, and the basics of literature through artistic expression, specifically the creation of a comic book.
Vision Boards	Participants learn how to bring their goals to life by creating and using a vision board as a source of inspiration and motivation to achieve these goals. Participants have the option to create their vision board digitally or by hand and are encouraged to share their goals and passions with their peers.	This process lends to a growth mindset, positive self awareness, planning and creativity.



<b>Mindset and Identity</b>		
What Is Breathe Work?	This program explores the power of rhythmic breathing. Participants will explore the benefits of breathwork, different types, and how it can have physical and cognitive impacts. Participants will also have the opportunity to try different types of breathwork with their peers.	This program promotes mindfulness, physical and cognitive well being, patience, and resilience.
What Is Meditation?	This program explores the many benefits of a regular meditation practice and how it can be incorporated into everyday life. Participants have space to try a simple meditation practice and reflect on how it makes them feel. Participants are offered support with determining a realistic and simple starting point that they can start with moving forward.	This program supports cognitive well-being, emotional awareness and regulation, patience, and being present.
What Is Mindfulness?	This program explores the world of mindfulness and the many ways that it can be practised in everyday life. The program discusses the benefits of adopting a mindfulness practice and ways to tailor it so it is realistic and accessible.	This program supports cognitive well-being, emotional awareness and regulation, patience, and being present.
The Winter Blues & Blahs	Winter can be a challenging time for some, and it is normal to feel down from the short days and cold weather. During this program participants are encouraged to take on a new perspective that focuses on everyday pleasures and ways to connect and manage low mood.	Participants are encouraged to collaborate with one another to brainstorm coping strategies that help to alleviate the challenges that sometimes come in the winter months. This program aims to support mental-wellbeing, emotional awareness, empathy, and coping.
Zentangles	This unique program brings together art and mindfulness. Zentangles are a relaxing and therapeutic practice; participants are guided through various tutorials and provided with templates to practise their own zentangles. The bulk of the program explores Zentangles as a group and sharing in the experience.	This program aims to promote emotional regulation, relaxation, self-awareness, and artistic expression.

<b>Online Trips</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Online Trip: 7 Wonders of The World	During this virtual exploration program, participants can explore the 7 Wonders of the World and discover interesting facts about each. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.
Online Trip: Amazon Rainforest	During this virtual exploration program, participants can explore the Amazon Rainforest and discover interesting facts about the wildlife, cultures, and environment. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.
Online Trip: Ancient Egypt	During this virtual exploration program, participants can explore Ancient Egypt and discover interesting facts about the history, culture, and incredible feats of engineering. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.
Online Trip: France	During this virtual exploration program, participants can explore the country of France and discover interesting facts about the culture, cuisine, and scenery. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.
Online Trip: Guatemala Mayan Ruins	During this virtual exploration program, participants can explore the Guatemalan Mayan Ruins and discover interesting facts about their location, history, and impact on the culture. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.

<b>Online Trips</b>		
Online Trip: Hogwarts	During this virtual exploration program, participants can explore the Hogwarts school of Witchcraft and Wizardry from the popular fictional story, Harry Potter. This program includes interactive activities that relate to the different houses of Hogawrts and encourages collaboration with peers.	This program aims to promote curiosity, socialisation, and exploration of new interests.
Online Trip: Jurassic Park	During this virtual exploration program, participants can explore the fictional world of Jurassic Park and discover interesting facts about the history of dinosaurs and their habitat. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, empathy, socialisation, exploration of new interests.
Online Trip: North Pole	During this virtual exploration program, participants can explore the North Pole and discover interesting facts about the wildlife, temperature and environment, and those who live there. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.
Online Trip: Northern Lights	During this virtual exploration program, participants can explore the Northern Lights and discover interesting facts about why they occur and where they can be seen, and the impacts they have on cultural traditions. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.
Online Trip: Oceans	During this virtual exploration program, participants can explore the underwater world of the ocean and learn interesting facts about aquatic life, marine biologists, and ecosystems. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, empathy, socialisation, exploration of new interests.

<b>Online Trips</b>		
Online Trip: Sable Island	During this virtual exploration program, participants can explore Sable Island and discover interesting facts about the wildlife, tourism, and landscape. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, global awareness, empathy, and socialisation.
Online Trip: Space	During this virtual exploration program, participants can explore outer space and discover interesting facts about astronauts, our solar system, and the future of space travel. This program includes activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, empathy, socialisation, exploration of new interests.
Online Trip: The Zoo	During this virtual exploration program, participants can join their peers on a virtual zoo experience and discover interesting facts about many different animals commonly found in a zoo. This program includes interactive activities that support learning and encourages collaboration with peers.	This program aims to promote curiosity, empathy, socialisation, exploration of new interests.

<b>Physical Activity</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Adapted Sports	During this program, participants will explore ways in which their favourite sports can be adapted and modified to offer an accessible and enjoyable experience. Participants will have the opportunity to practise various movements and challenges that can be carried forward into everyday life.	Adapted Sports promotes a growth mindset, confidence, inclusion, and empathy.
The Art of Movement	During this program, participants will have the opportunity to explore the body-mind connection through movement, with a twist of silly story telling. With the guidance of the facilitator, participants will practise various movements, creating short stories from poses.	This program supports self awareness, communication, and emotional regulation through the connection and practice of movement and breathing.

<b>Physical Activity</b>		
Chair Yoga	This program provides an accessible space for participants to move and stretch their bodies. Participants will learn how to do a head to toe yoga routine from the comfortable security of their chair. This program can also be beneficial for individuals who spend a lot of their day seated.	This program promotes physical well being, mindfulness, socialisation, and accessibility.
Dance Craze: Pop Culture	This program combines pop culture with dance. Participants will have the opportunity to explore and practise various popular modern dances that have been influenced by the media.	This program promotes creative expression, cultural awareness, socialisation, and movement.
Daring to Create a Dance	During this program, participants are guided through a short, choreographed dance routine, and can work as a team to create their own dance!	This program encourages artistic expression and promotes confidence, self-esteem, empathy, and physical literacy.
Exploring Styles of Dance	This program explores various popular styles of dance. Participants will have space to watch demonstrations of unique styles of dance and practise the basic techniques for each with peers.	This program promotes physical well-being, socialisation, confidence, and exploration of new interests.
Mixed Martial Arts	With the guidance of the facilitator, participants explore different forms of MMA and can practise fundamental movements for each.	Through following instructors, coordinating movements and practice building on listening skills, memory, gross motor skills and having a growth mindset as we learn new things.
Muscles & Me: Boxing	During this program, participants can explore the basic fundamentals of boxing. With the guidance of the facilitator participation can practise various movements and will be reminded of safety and appropriate environments for practice.	This program aims to promote physical activity, confidence, and exploration of new interests.
Muscles & Me: Cardio	Participants learn the benefits of incorporating a regular cardio practice into their weekly routines and how to properly fuel their bodies for this style of exercise.	This program aims to support physical literacy, gross motor skills, spatial awareness, and socialisation.

<b>Physical Activity</b>		
Muscles & Me: Heart Health	During this program, participants can explore the importance of having a healthy heart and strategies for maintaining good heart health. Cardiovascular approaches are discussed and examples can be practised alongside peers with the guidance of the facilitator.	This program aims to promote physical well-being, self care, confidence, and socialisation.
Muscles & Me: HIIT	Participants have an opportunity to explore different styles of HITT (high intensity interval training) workouts and even create their own.	Participants have the chance to put their learning to the test during a group HIIT exercise. Promotes perseverance, emotional regulation, and focus.
Muscles & Me: Locomotion Skills	This program breaks down the fundamental Locomotion skills which help build a foundation for physical literacy. Locomotion skills include running, hopping, skipping, and balance. These programs are inclusive to all skills and abilities.	This program aims to prompt physical well-being, self-esteem, and accessibility.
Muscles & Me: Ninja Kids	During this program participants can use their imaginations to create their own ninja character. With the guidance of the facilitator participants will have the opportunity to practise the ninja moves through various physical challenges.	This program aims to promote creativity, physical well-being, socialisation, and confidence.
Muscles & Me: Off Bike Exercise	During this program , participants will be guided through a series of fundamental movements and exercises that help build a foundation for a regular biking practice.	This program aims to support physical well-being, resilience, and the exploration of new interests.
Muscles & Me: Pilates	Participants are guided through a warmup, a series of palate movements, and a cool down. Participants explore the benefits of Pilates, how it differs from yoga, and resources where they can practise independently.	Promotes physical and mental well-being, confidence, and patience.

<b>Physical Activity</b>		
Muscles & Me: Seated Exercise	During this program, participants will be guided through a full body exercise routine that can be completed from a seated position. This program aims to be accessible and inclusive to all skills and abilities and can be completed at a pace that is ideal for the participant.	This program promotes physical well-being, confidence, self esteem, and socialisation.
Muscles & Me: Strength Training	Participants discuss the benefits of strength training and the importance of fostering safe and healthy practice. Participants are introduced to and practise various strength training techniques that support the different muscle groups and can be done at home without equipment.	This program aims to promote physical literacy, spatial awareness, patience and resilience, and gross motor skills.
Muscles & Me: Swimmers Exercise	During this program, participants will be guided through a series of fundamental movements and exercises that help build a foundation for a regular swimming practice.	This program aims to support physical well-being, resilience, and the exploration of new interests.
Muscles & Me: Travel Adventures	This program combines travel and movement in an interactive and engaging capacity. Participants can explore different parts of the world while being challenged by a physical adventure from that area. For example, participant's can explore Mount Everest and engage in physical activity related to rock climbing.	This program aims to promote global awareness, physical well-being, curiosity, and exploration of new interests.
Muscles & Me: Zumba	This program combines the fun of dance and exercise. Participants are guided through Zumba tutorials and can build their own Zumba routine to a song of choice.	This program aims to support emotional regulation, stress management, socialisation, and physical literacy.
Muscles & Me: Your Choice	This physical activity program encourages participants to move their bodies in fun and interactive ways. Through various games and activities of their choosing, participants will challenge themselves and their peers using healthy competition and sportsmanship.	This program aims to promote decision making, physical well-being, socialisation, and positive sportsmanship.

<b>Physical Activity</b>		
Olympic Sports	During this program, participants explore various Olympic sports and practise fundamental movements to challenge themselves and explore new interests.	This program offers educational and physical components that support awareness, empathy, personal development, and physical well-being.
Relay Race	During this program, participants will be split into teams and given a series of challenges to complete in the form of a relay race. Participants will be encouraged to cheer on their peers and work together to accomplish their goals.	Relay Race promotes team building, positive sportsmanship, kindness, and mobility.
Rhythmic Dance Circle	This program brings together dance and music. Participants will have space to explore the creation of rhythms and melodies with their peers, while incorporating movement.	Rhythmic Round Boogie promotes coordination, creative expression, and collaboration with peers.
Weekend Warriors: Fitness Club	This program is designed to run repetitively, allowing for a consistent space for participants to come together and work on their fitness goals. This program encourages challenging oneself through movement in a way that is inclusive and adaptable for any skill level.	Weekend Warriors Fitness Club promotes physical and cognitive well-being, socialisation, goal settings, and a growth mindset.
Winter Warm-Up: Build a Snowman	This interactive seasonal program explores fundamental movements that aim to inspire outdoor activity during the winter months. Participants can collaborate with peers to come up with the ideal set of warm up activities before moving from virtual to outdoors and building a snowman.	This program promotes physical well-being, socialisation, motivation, and spending time outdoors.
Winter Warm-Up: Hiking	This interactive seasonal program explores fundamental movements that aim to inspire outdoor activity during the winter months. Participants can collaborate with peers to come up with the ideal set of warm up activities before moving from virtual to outdoors and going for a winter hike.	This program promotes physical well-being, socialisation, motivation, and spending time outdoors.



<b>Physical Activity</b>		
Winter Warm-Up: Skiing & Skating	This interactive seasonal program explores fundamental movements that aim to inspire outdoor activity during the winter months. Participants can collaborate with peers to come up with the ideal set of warm up activities before moving from virtual to outdoors and going skiing or skating.	This program promotes physical well-being, socialisation, motivation, and spending time outdoors.
Winter Warm-Up: Sledding	This interactive seasonal program explores fundamental movements that aim to inspire outdoor activity during the winter months. Participants can collaborate with peers to come up with the ideal set of warm up activities before moving from virtual to outdoors and going sledding.	This program promotes physical well-being, socialisation, motivation, and spending time outdoors.
Yoga	With the guidance of the facilitator, participants practise proper breathing techniques to incorporate with movement in yoga. Participants explore various yoga patterns and resources for continued practice beyond the program.	Yoga promotes self-regulation and coping through self awareness and patience.

<b>Social and Leisure Exploration</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
All About My Bike	During this program, participants will have a space to explore a common interest with peers. The facilitator will guide participants through learning bike safety, basic bike maintenance, and ways to improve confidence through challenging yourself.	All About My Bike promotes exploring new hobbies, building confidence and independence, and connecting with peers.
Comedy Club	This program offers a safe, respectful space for participants to be silly and explore their personal sense of humour. Participants have the chance to exchange jokes with their peers and try out other silly and fun activities as a group.	This program lends to emotional regulation, socialisation, creativity, and relaxation.

<b>Social and Leisure Exploration</b>		
Creating Minecraft Landscapes	During this interactive program participants can explore various strategies and inspiration for creating unique landscapes in the popular Minecraft video game. Participants have space to socialise and share ideas with peers.	This program promotes socialisation, creativity, and exploration of new interests.
Cyber Sunday	This program is intended to be a virtual space for participants to connect with peers and explore common interests. Participants will be presented with mini icebreakers and have space to learn more about one another.	This program promotes socialisation, exploration or new leisure interests, and interpersonal skills.
Friendship Circle (series)	The Friendship Circle series is a space for new and returning participants to get to know one another and build healthy peer relationships. The Friendship Circle programs are loosely structured and “participant led” to provide a space for individuals to informally chat, catch up, and explore new ideas each week. A regular facilitator is always present to ensure that the Friendship Circle is a safe and welcoming environment for all.	The Friendship Circle programs aim to support healthy communication skills, socialisation, confidence, and self-esteem.
Games & Social	This program provides participants with a space to get to know one another while engaging in various icebreakers and activities.	This program promotes socialisation, confidence, self-esteem, and positive sportsmanship.
Karaoke	This program gives participants a safe and respectful space for participants to express themselves and practise their singing independently or as a group.	This program promotes courage and self-expression in a space that is accepting, encouraging, and free of judgement.
Let’s Grow: Dig In & Plants a Seed	During this program participants explore the physical and mental benefits that gardening can have on their well-being. Participants have a hands-on opportunity to plant seeds and explore various tips and strategies for plant care.	Aims to promote healthy living and mindfulness through the art of gardening. Working with plants can promote positive sensory stimulation, decrease stress and anxiety, and increase self-awareness.

<b>Social and Leisure Exploration</b>		
Let's Grow: Plant Care	This program explores the fundamentals of plant care. Participants can discuss tips and strategies for improvising a plant's environment and will have space to discuss their own experiences and suggestions with peers.	This program promotes empathy, emotional regulation, and exploring of new interests.
Music Mania! (Exploring the Genres of Music)	During this program, participants can engage with peers during various interactive music activities. This program explores various music genres and provides opportunities to explore new interests. Participants are encouraged to share their personal taste and preferences with peers.	This program supports creativity, individuality, socialisation and exploration of new interests.
Peer-to-Peer	Peer-to-Peer groups are our monthly free programs that are accessible and inclusive to all! Each month, the Peer-to-Peer event will have a different theme, however the program is intended to be participant led. With the supervision of the facilitator, participants will be given a space to connect and share with their peers.	Peer-to-Peer promotes interpersonal skills and socialisation, self-esteem, and kindness and empathy.
Talent Show	During this program, participants have a safe and respectful space to show off their unique talents to their peers. This program promotes stepping out of one's comfortable zone and encourages confidence.	This program promotes stepping out of one's comfortable zone and encourages confidence, skill sharing, socialisation, and empathy.
Warrior Cats	During this program, participants will explore the fictitious world of Warrior Cats, a popular children's book series. Participants will explore various activities and have opportunities to share in discussion with their peers.	Encourages a group of like-minded individuals to explore and improve skill sets such as teamwork, social skills, and creativity.

<b>Social and Leisure Exploration</b>		
Wilderness Skills	This program covers basic wilderness skills and encourages spending time outdoors. Participants will have hands-on opportunities to practise skills including tying knots and reading a compass. Tips for wilderness safety will also be covered.	Wilderness Skills promotes curiosity, confidence and independence, and exploration of new leisure interests.

<b>S.T.E.M.</b> Science - Technology - Engineering - Mathematics		
Title	Description	Outcomes
Silly Science: Absorption	This program aims to provide participants a safe space to explore science and ask questions. Participants will be guided through a hands-on experiment related to absorption and have space at the end of the program to make predictions, observations, and reflect on their findings.	This program aims to promote curiosity, focus, following directions, and patience.
Silly Science: Chemical Reaction	This program aims to provide participants a safe space to explore science and ask questions. Participants will be guided through a hands-on experiment related to chemical reactions and have space at the end of the program to make predictions, observations, and reflect on their findings.	This program aims to promote curiosity, focus, following directions, and patience.
Silly Science: Density	This program aims to provide participants a safe space to explore science and ask questions. Participants will be guided through a hands-on experiment related to density and have space at the end of the program to make predictions, observations, and reflect on their findings.	This program aims to promote curiosity, focus, following directions, and patience.

<b>S.T.E.M.</b> Science - Technology - Engineering - Mathematics		
Silly Science: Exploring Sound	This program aims to provide participants a safe space to explore science and ask questions. Participants will be guided through a hands-on experiment related to sound and have space at the end of the program to make predictions, observations, and reflect on their findings.	This program aims to promote curiosity, focus, following directions, and patience.
Silly Science: Exploring Touch	This program aims to provide participants a safe space to explore science and ask questions. Participants will be guided through a hands-on experiment related to the tactile sense and have space at the end of the program to make predictions, observations, and reflect on their findings.	This program aims to promote curiosity, focus, following directions, and patience.
Silly Science: Snowflakes	This program aims to provide participants a safe space to explore science and ask questions. Participants will be guided through a hands-on experiment related to precipitation and have space at the end of the program to make predictions, observations, and reflect on their findings.	This program aims to promote curiosity, focus, following directions, and patience.
Silly Science: Surface Tension	This program aims to provide participants a safe space to explore science and ask questions. Participants will be guided through a hands-on experiment related to surface tension and have space at the end of the program to make predictions, observations, and reflect on their findings.	This program aims to promote curiosity, focus, following directions, and patience.
STEM: Boats	During this interactive STEM program, participants will have space to explore the creation and design of a miniature boat and be encouraged to problem solve their design so that it can successfully float on water. This program explores how engineers address these challenges in the real world.	This program promotes critical thinking, problem solving, creativity, and a growth mindset.

<b>S.T.E.M.</b> Science - Technology - Engineering - Mathematics		
STEM: Bridges	During this interactive STEM program, participants can use various mediums to create a bridge that is stable and balanced. Participants will be encouraged to problem solve and collaborate with peers to reach their goals.	This program promotes critical thinking, innovation, problem solving, and resilience.
STEM: Mighty Machines	This program explores different types of large machines and their uses. Participants will have the opportunity to design their own machine and come up with a specific purpose for the creation.	This program promotes curiosity, innovation, critical thinking, and creativity.
STEM: Paper Airplanes	During this program, participants will be guided through a step-by-step tutorial on how to make various paper airplane designs. Participants will have space to explore the engineering of an airplane and use this information to enhance their own designs.	This program promotes patience, resilience, strategic thinking, and following instructions.
STEM: Skyscrapers	This program explores unique and innovative skyscraper designs from around the world. Participants can use various mediums to create their own skyscrapers, while being presented with various challenges including height, durability, and creativity.	This program aims to promote creativity, innovation, strategic thinking, and problem solving.
STEM: Slime	During this program, participants will learn about the chemical compounds used to make the consistency of slime. Participants will have the hands-on opportunity to make their own slime with a step-by-step guide from their facilitator.	This program promotes patience, curiosity, following instructions, and attention to detail.
STEM: Volcanoes	During this program, participants will explore volcanoes from around the world and the science behind a volcanic eruption. Participants will have space to conduct their own hands-on science experience with the guidance of the facilitator.	This program promotes curiosity, critical thinking, patience, and following instructions.

<b>Virtual Skills</b>		
<b>Title</b>	<b>Description</b>	<b>Outcomes</b>
Cyber Bullying	This program explores how to identify and react to cyberbullying through practising online etiquette and being a positive online role model; participants are encouraged to promote a safe anti-bullying space.	Aims to promote empathy, self awareness, and advocacy for yourself and others.
Healthy Online Habits	This program discusses how to create healthy boundaries in online space and social media, including communicating and socialising online, being influenced, and experiencing overwhelm of information. Participants will be encouraged to discuss experiences with peers and brainstorm ways to improve their online habits.	This program promotes self-awareness, cognitive well being, collaboration, and self-discipline.
How to Monitor Screen Time	Participants discuss what an average amount of healthy screen time looks like, looks at accurate statistics of screen time, and the benefits of reducing or limiting screen time..	This program helps to support independence, responsibility, self-awareness, and positive decision making.
Online Responsibilities	This program discusses the useful resources of the internet and how to use it safely and responsibility to protect yourself and others. This program helps build awareness so that participants can feel confident and comfortable in their online exploration and use the internet with their best interests in mind.	Aims to promote independence, empathy, and healthy decision making,
Online Safety & Privacy Settings	Through activities, worksheets, visuals, and discussions participants explore all aspects of online privacy and differences in privacy settings.	This program lends to self awareness, responsibility, independence, and problem solving skills.
Positive Social Media Role Models	During this program participants consider those they follow on social media and whether they positively influence them.	This program offers participants an understanding on the potential benefits to social media and how to use their judgement when determining who to follow and how to control how it impacts their everyday lives.

[Return to top](#)

<b>Virtual Skills</b>		
Website Design	The program explores the resources, tools, and skill sets required for designing a website. Participants work together as a team to brainstorm	Aims to promote creativity, collaboration, and special organisation.
Zoom 101	This program guides participants on how to use Zoom independently, helping them to navigate the various features and settings with the goal of joining virtual groups and other meetings independently.	This program explores the steps required to independently log onto a Zoom call and manage your screen; it promotes independence, confidence, and patience.