

Free Workshops



Bridges to Health

Bridges to Health is a program of House of Friendship, and is funded by the Waterloo Wellington Local Health Integration Network. The program has a holistic health focus that emphasizes the importance of nurturing mind, body and spirit when recovering from substance use and maintaining a healthy lifestyle.

WINTER 2014 WORKSHOPS You may register for one or multiple workshops

COPING WITH STRESS:

A Workshop for University and College students

Join us in a discussion about stress, factors that can impact stress including drug and alcohol use, and strategies for coping with the competing demands of school/work/life.

This workshop is for post-secondary students – men and women

Wednesday February 5 7:00pm – 9:00pm

WLU main campus Student Health & Development Centre
(1st Floor, Student Services) GRT route #7

UNDERSTANDING ADDICTION WITH COMPASSION

This workshop will help you learn about your addiction and how to be compassionate with yourself. Models of harm reduction, controlled use and abstinence will be discussed.

This workshop is for women.

Wednesday February 12 9:30am – 12:00pm

Bridges to Health 71 Ann Street **KITCHENER** GRT route #15, #23

HEALTHY SLEEP IN RECOVERY

Learn why sleep is essential to our health and well-being, how to get the sleep you need, and practice relaxation techniques to achieve a peaceful, deep sleep.

This workshop is for women.

Tuesday February 25 6:00pm – 8:00pm

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TRANSITIONS AND TRANSFORMATION

Explore the challenges faced when we undergo changes to our regular lifestyle through discussion and an interactive visit to the Butterfly Conservatory.

This workshop is for women.

Workshop includes lunch and admission to the Butterfly Conservatory

Tuesday March 4 9:00am – 12:30pm

Cambridge Butterfly Conservatory 2500 Kossuth Road (Shuttle from B2H at 8:30am)

SLIPS AND RELAPSES: What Comes Next?

Discuss what to do after a slip or relapse happens; how to cope with the difficult thoughts and feelings, and learn strategies to get back to achieving your goals.

This workshop is for women.

Thursday March 6 1:00pm – 3:30pm

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OPEN RECOVERY DISCUSSION

Join us for a morning of support and reflection for those in search of healing in recovery.

This workshop is for women.

Thursday March 13 10:00am – 12:00pm

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DON'T BELIEVE EVERYTHING YOU THINK: Overcoming Limiting Beliefs

Learn how to identify and overcome limiting beliefs, stop sabotaging yourself, and re-program your thoughts to set yourself up for success. Lunch provided at 1:00pm.

Facilitated by Angela Rolleman. www.angelarolleman.com

This workshop is for men and women.

Saturday March 29 10:00am – 1:00pm

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There is no cost to participate in the workshops.

There will be a break during each workshop with refreshments provided.

A limited number of childcare subsidies and bus tickets are available. Please inquire when registering as they must be requested in advance.

REGISTER EARLY – SPACE IS LIMITED

To register please call **519-957-5001 ext 225** or email bridgestohealthoffice@houseoffriendship.org Please specify which workshop(s) you are registering for, and if you have any food allergies.