

Workshops Calendar

January, February and March 2017

10 ways to build resilience

American Psychological Association; *The Road To Resilience* <http://www.apa.org/helpcenter/road-resilience.aspx>

Make connections. Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals. Develop some realistic goals. Do something regularly – even if it seems like a small accomplishment – that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context & keep long-term perspective. Avoid blowing the event out of proportion.

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices may help build connections and restore hope. The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CLOSED RIEL RECOVERY JOB SEARCH	3 HOUSING RIEL ART	4	5 JOB SEARCH ORIENTATION HEALTH MATTERS	6 RIEL RECOVERY RIEL ART	7
8	9 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK1	10 HOUSING WW1-RESILIENCY BLDG RIEL ART	11	12 JOB SEARCH HEALTH MATTERS	13 RIEL RECOVERY RIEL ART	14
15	16 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK2	17 HOUSING WW1- RESILIENCY BLDG RIEL ART	18	19 JOB SEARCH ORIENTATION HEALTH MATTERS	20 RIEL RECOVERY RIEL ART	21
22	23 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK3	24 HOUSING WW1- RESILIENCY BLDG RIEL ART	25	26 JOB SEARCH HEALTH MATTERS	27 RIEL RECOVERY RIEL ART	28
29	30 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK4	31 HOUSING WW1 - RESILIENCY BLDG RIEL ART	1	2	3	4

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2 JOB SEARCH ORIENTATION HEALTH MATTERS	3 RIEL RECOVERY RIEL ART	4
5	6 JOB SEARCH RIEL RECOVERY EMP_170PM_WK1	7 HOUSING WW1 - RESILIENCY BLDG RIEL ART	8	9 JOB SEARCH HEALTH MATTERS	10 RIEL RECOVERY RIEL ART	11
12	13 JOB SEARCH RIEL RECOVERY EMP_1702PM_WK2	14 HOUSING WW1 - RESILIENCY BLDG RIEL ART	15	16 JOB SEARCH ORIENTATION HEALTH MATTERS	17 RIEL RECOVERY RIEL ART	18
19	20 CLOSED JOB SEARCH RIEL RECOVERY EMP_1702PM_WK3	21 HOUSING WW2 - CONFLICT RESOLUTION SKILLS RIEL ART	22	23 JOB SEARCH HEALTH MATTERS	24 RIEL RECOVERY RIEL ART	25
26	27 JOB SEARCH RIEL RECOVERY EMP_1702PM_WK4	28 HOUSING WW2-CONFLICT RESOLUTION SKILLS RIEL ART	1	2	3	4

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1	2 JOB SEARCH ORIENTATION HEALTH MATTERS	3 RIEL RECOVERY RIEL ART	4
5	6 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK1	7 HOUSING WW2- CONFLICT RESOLUTION SKILLS RIEL ART	8	9 JOB SEARCH HEALTH MATTERS	10 RIEL RECOVERY RIEL ART	11
12	13 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK2	14 HOUSING WW2- CONFLICT RESOLUTION SKILLS RIEL ART	15	16 JOB SEARCH ORIENTATION HEALTH MATTERS	17 RIEL RECOVERY RIEL ART	18
19	20 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK3	21 HOUSING WW2- CONFLICT RESOLUTION SKILLS RIEL ART	22	23 JOB SEARCH HEALTH MATTERS	24 RIEL RECOVERY RIEL ART	25
26	27 JOB SEARCH RIEL RECOVERY EMP_1701AM_WK4	28 HOUSING RIEL ART	29	30 JOB SEARCH ORIENTATION HEALTH MATTERS	31 RIEL RECOVERY RIEL ART	1

WW: Wellness Workshops

Tuesdays 1:00 pm - 3:00 pm

Training Room – Sara Riel Inc., 101- 66 Moore Avenue

Wellness Workshops provide participants with opportunities to take part in group learning on mental health, self-help strategies and skills development. Please visit our website, www.sararielinc.com for more detailed information on our featured Wellness Workshops.

WW1 – Resiliency Building Group January 10, - February 14, 2017

To register, call Angnieszka Szymanowicz at 204-237-9263 Ext. 101

WW2 – Conflict Resolution February 21, – March 21, 2017

To register, call Sara Hudson at 204-237-9263 Ext. 300

EMP: Pre-Employment Skills Workshops

EMP_1701AM: January 9 – February 3, 2017 9:00 am – 11:45 am

EMP_1702PM: February 6 – March 3, 2017 1:00 pm – 3:45 pm

EMP_1703AM: March 5 – March 31, 2017 9:00 am – 11:45 am

Employment Classroom – Sara Riel Inc., 101- 66 Moore Avenue

WEEK 1 – MODULE 1: PREPARING FOR WORK

Goal setting, stages of change, self-awareness and learning styles

WEEK 2 – MODULE 2: CHOOSING THE RIGHT JOB

Includes recognizing transferrable skills, categorizing skills sets, development of the resume, and cover letter construction

WEEK 3 – MODULE 3: GETTING THE JOB WE WANT

Develops stronger communication skills, uses mock-interviews to evaluate and build on interpersonal skills and confidence

WEEK 4 – MODULE 4: KEEPING EMPLOYMENT

Includes: conflict management, probationary period, feedback, and stress management

To register, call Karen Wadden at 204-237-9263 Ext. 155

COMP: Computer Skills Workshops

Check out when new classes will start in the coming months which will be featured on our posters at Sara Riel Inc.

Computer Classroom – Sara Riel Inc., 101-66 Moore Avenue

WEEK 1 – Basic Computer Technology; Understanding and Navigating the Internet, Online Job Search Strategies; Standard Business Email – access and use; Resume and Cover Letter development.

WEEK 2 – Learning Microsoft Word, as well as other Microsoft software (Excel, Outlook & PowerPoint), essential to most employment opportunities.

To register, call Cameron Tindall at 204-237-9263 Ext. 150

A. Sara Riel Inc. Service Orientations

Thursdays 10:00 am - 12:00 pm

Board Room – Sara Riel Inc., 101-66 Moore Avenue

Sara Riel offers a full range of services to people experiencing mental health challenges, and we enhance these services with Wellness Workshops, work groups, social groups, events, etc. Please call to register as space is limited.

Orientation will be done every 2nd Thursday starting January 5th.

To register, call Judy Klein-Taylor at 204-237-9263 Ext. 149

B. “Good Neighbour” Workshop

Training Room – Sara Riel Inc., 101- 66 Moore Avenue

The search for suitable and affordable housing can be frustrating, confusing, time-consuming and sometimes even isolating. Information is being offered to help participants in this endeavour. A Housing Support Worker conducts the workshop, answering questions, facilitating searches and helping guide participants through our *Sara Riel Good Neighbour Workbook*, which provides resources, tips and techniques – all geared to assist you in **looking for a home and being a good neighbour.**

To register, call Shirley Miles at 204-237-9263 Ext. 125

C. Job Search Support Work Group

Mondays 1:00 pm – 3:00 pm and Thursdays 9:30 am - 11:30 am

Client Lounge – Sara Riel Inc., 101- 66 Moore Avenue

Our **Job Search Support Groups** are open to participants who want additional assistance in any aspect of their job search process. Employment Specialists are on-hand to facilitate and supervise groups – to assist participants to develop resumes, customize cover letters, prepare for interviews, and to provide valuable information and insight into job opportunities.

To register, call Cameron Tindall at 204-237-9263 Ext. 150

D. “Health Matters” Support Group

(Please see the back page for a list of events and presentations for the coming months)

Thursdays 1:00 pm - 2:00 pm

Board Room – Sara Riel Inc., 101- 66 Moore Avenue

Participants are invited to take part in this group, designed for individuals who want to lose weight. Components of the group include information and resource sharing, Health monitoring and individualized goal setting.

To register, call Barbara Bruske at 204-237-9263 Ext. 139

E. Riel Art – Fine Art and Craft Group

Tuesdays and Fridays 3:00 pm - 5:00 pm

Auditorium – Sara Riel Inc., 101- 66 Moore Avenue

A journey of artistic self-exploration; no experience necessary! Whether you are a beginner or artiste, there is a place for you. It’s about finding your niche, and if you haven’t found it yet... **Create It!** We offer materials, instruction, guidance and encouragement. Come find inspiration and connect with other creative types.

To register, call Aida Strocovsky at 204-237-9263 Ext. 151

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 am		B: Good Neighbour		A: Service Orientation	
10:30 am				C: Job Search Group	
11:00am					
1:00 pm	C: Job Search Group	WW: Wellness Workshops			
	RR: Riel Recovery			D: Health Matters	RR: Riel Recovery
3:00 pm		E: Riel Art			E: Riel Art
Daily	EMP: PRE-EMPLOYMENT SKILLS AND COMPUTER SKILLS WORKSHOPS				



Sara Riel Social Club

This is the time to make or meet new friends so,

“Come connect with people while enjoying activities in the community. We will be exploring low cost and free events for the whole family.

Check out further events in the coming months on our posters at Sara Riel Inc.

For more information, please contact Jenna Ullenboom

at 204-237-9263 Ext. 169

HEALTH MATTER

Good Health for All!!

- Information on Health
- Weight and Goal Setting
- 1:1 with your Counsellor
- Education & Support in the Group

Join Us Anytime!!

Health Matters Schedule Jan – March 2017	
Jan 5	Canada Food Guide
Jan 12	Meal Planning and Shopping Tips
Jan 19	Blizzard Emergency Food
Jan 26	Youville Clinic Topic to be announced
Feb 2	Metabolic Syndrome/Heart Health Program
Feb 9	Good breakfast
Feb 16	Importance of Exercise
Feb 23	Youville Clinic Topic to be announced
March 2	Recipe Makeovers
March 9	Fast food vs. healthy food
March 16	Artificial sweeteners
March 23	Youville Clinic Topic to be announced
March 30	Detox your body

Health Matters Support Group meets every Thursday

1:00 – 2:30 pm in Room 204 (Second Floor – Board Room)

For more information, please contact:

Barbara Bruske at 204-237-9263 Ext. 139

Riel Art Presents

Learning to draw beautiful pictures in three easy classes

Date	Class Title	Instructions
January 3rd	Grid Method Drawing	Use a grid technique that will enable anyone to draw even if you are a beginner.
January 17th	Shading Techniques	Shading technique will make appearances seem more lifelike.
February 14 th	Drawing Pieces of Art	Using new skills to put together beautiful pieces of art.

Check out more events and presentations that we are featuring in the coming months on our posters at Sara Riel Inc.

For more information, please contact:

Phone: Angela Meyer at 204-237-9263 Ext. 148

or Aida Strocovsky at 204-237-9263 Ext. 151

2016 Taxes

Tax Return Preparation

Things to Remember:

1. Personalized Income Tax page (if received)
2. Social Insurance Number
3. Information Slips
4. Receipts
5. If possible, last year's Notice of Assessment
6. Last Year's Income Tax return
7. Make Your Appointment with Barbara and let her know how many years back taxes that need to be done



Date: March 9th, 2017

Time: 9:00am to 2:00pm

Place: 66 Moore Avenue

on the Main floor at Centre Sara Riel

To register please contact Barbara Bruske

204-237-9263 Ext. 139

Being a Good Neighbour!

Our “Good Neighbour Workshop” is part of our Housing Assistance service. This workshop is offered weekly to participants to search for suitable and affordable housing, which can be frustrating, confusing, time consuming and sometimes even isolating. Information is being offered to help participants and includes details and tips on how to be a good neighbour. The computers in our client lounge area are also available to conduct your own individual housing searches.

**Good Neighbour Workshop meets every Tuesday
10:00 – 11:00 am in (Second Floor – Training Room)**

For more information, please contact:

Shirley Miles at 204-237-9263 Ext. 125



Free Fun Places to Visit in 2017

Winter is a time to stay warm and make time to visit our heritage in Winnipeg. We have a rich culture and it is absolutely astonishing to visit them. These places are free to the public:

- Centre Culturel French-Canadian & Metis Heritage opened Mon-Fri 9am to 5pm
- Union Station built in 1911- Oldest train station - opened every day
- Manitoba Electrical Museum from the 1800s to the future - opened Mon-Thru 1-4pm
- Galleries in the Exchange District - opened - first Friday of every month
- The Dark History of the City – Wpg Police Museum from 1880 – opened daily
- Air Force Heritage Park & Museum 13 different aircrafts – opened daily
- Spend a day at Assiniboine Park - 283 Acres - opened daily
- St. Boniface Cathedral-Basilica – gravesite of Louis Riel
- The Forks – visit the Johnston Terminal -relax with a book by the Scotiabank stage
- The Jewish Heritage Centre – original documents and artifacts
- Manitoba's Ukrainian Heritage and educational centre – opened daily any many, many more....

Get a copy of free places to visit to get the addresses and times opened with our volunteers.