

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 1 – 3 pm Community Engagement: Bridge to Sport
5 CIVIC HOLIDAY	6	7 3:30 – 5:30 pm Hiking 6:30 – 8 pm Passage 2 Recovery	8 1 – 3 pm Group Volunteering at Kensington Shepard's Care	9 1 – 3 pm Community Engagement: Bocce Ball & Croquet
12 1 – 3 pm CBT for Depression 4:30 – 8:30 pm Lady Flower Garden	13	14 3:30 – 5:30 pm Hiking 6:30 – 8 pm Passage 2 Recovery	15 3:30 – 5:30 pm Collective Kitchen <u>Cost \$5.00</u> 4 – 8 pm Community Engagement Learn to Paddle Board	16 12:30 – 3:30 pm Community Engagement: Swimming <u>Bring your leisure access pass</u>
19 1 – 3 pm CBT for Depression 4:30 – 8:30 pm Lady Flower Garden	20	21 3:30 – 6 pm Swimming at Outdoor Pool 6:30 – 8 pm Passage 2 Recovery	22 8:30 – 11:30 am Group Volunteering at Meals on Wheels 3:30 – 8 pm Community Engagement: Fringe <u>Cost \$15.00</u>	23 1 – 3 pm Community Engagement: Geocaching
26 4:30 – 8:30 pm Lady Flower Garden	27	28 3:30 – 5:30 pm Hiking 6:30 – 8 pm Passage 2 Recovery	29	30 12:30 – 3:30 pm Community Engagement: Mountain Biking

Programs for young adults ages 16-25

The Access Open Minds clinic is located at the Bill Rees YMCA – 10211 105 Street NW, Edmonton

Young Adult Services Registered Groups

 www.twitter.com/YEGYAS

 **YEGYAS**

Descriptions & Info

NOT SURE? START HERE!!

YAS group overview | *When:* Wednesdays From 11:30 – 12:30 pm | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want an overview of YAS groups, help determining what might be a good fit for you, and want to check out our space in a casual session | *How do I prepare?* No prep needed. Just show up | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Registered RECREATION & LEISURE GROUPS

Lady Flower Garden | *When:* Monday From 4:30 pm – 8:30 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to experience a peaceful outdoor space while learning gardening skills and helping with harvesting food for the Edmonton Food Bank | *How do I prepare?* Register for group. Wear clothes that can get dirty, a hat, and running shoes. | *Contact:* Natasha 780-288-7423 or Yazmin 780-782-5042 to register.

Hiking & Swimming at outdoor pool | *When:* Wednesdays from 3 – 5 PM | *Where:* Meet at Bill Rees YMCA | *How do I know it's for me?* You would love to explore the Edmonton River Valley or swim at outdoor pools | *How do I prepare?* Register for group. For hiking wear comfortable walking shoes and clothes, bring a water bottle. For swimming bring a swimsuit, a towel, and your leisure access pass | *Contact:* Natasha 780-288-7423 or Yazmin 780-782-5042 to register.

Community Engagement | *When:* Fridays From 1 – 3 PM or one Thursday a month from 4 to 8:30 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want explore activities and facilities that the city has to offer | *How do I prepare?* Register for group. Additional prep is dependent on the activity and staff will let you know when you register | *Contact:* Natasha 780-288-7423 or Yazmin 780-782-5042 to register.

Registered PEER SUPPORT GROUPS

Passage 2 Recovery | *When:* Wednesdays From 6:30 – 8 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You are between the ages of 18-25, want to make changes to your substance use and/or gambling and are looking for an ongoing recovery support group specifically for young adults. | *How do I prepare?* Complete an intake with one of our addiction counsellors. This group is a process and support based group so come prepared to share. | *Contact:* 780-415-0048

Registered SKILL GROUPS

Group Volunteering | *When:* Wednesdays From 3 – 5 PM | *Where:* Meet at Bill Rees YMCA | *How do I know it's for me?* You want to gain volunteer experience with other young adults | *How do I prepare?* Contact Ann to let her know you are interested. For meals on wheels: Wear closed toe shoes, long pants, and shirts with sleeves. For Kensington: Security clearance required | *Contact:* Ann 780-616-4340 to register.

Collective Kitchen | *When:* Thursday From 3:30 – 5:30 PM | *Where:* Meet at Bill Rees YMCA | *How do I know it's for me?* You want to cook with others or maybe increase your cooking skills | *How do I prepare?* Register for program so we buy enough groceries and bring \$5.00 | *Contact:* Natasha 780-288-7423 or Yazmin 780-782-5042 to register.

Registered THERAPY GROUPS

Cognitive Behavioral Therapy Group for Depression | *When:* 15 week group, Mondays from 1 – 3 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You experience depression and want to learn skills & strategies to change how you feel by changing the way you think and act. | *How do I prepare?* Talk to your current provider about your interest or contact Caryn. Next group is anticipated to start in October 2019. | *Contact:* Caryn 780-901-7780

Upcoming GROUPS

Anxiety Group | *How do I know it's for me?* You experience anxiety, would like to learn more about anxiety, and try some skills and strategies for managing your anxiety. | *Contact:* Caryn 780-901-7780

Skills for Crisis Survival (DBT Skills) | *How do I know it's for me?* You want to learn skills and strategies for managing emotions and increase your ability to deal with distress. Anticipated start date: September 3rd | *Contact:* Caryn 780-901-7780

Foundations for Trauma Recovery | *How do I know it's for me?* You have experienced trauma, would like to learn more about how it impacts you and how to begin the healing process. Anticipated next session is in September | *Contact:* Seren 780-218-6242