

CORBROOK'S WEEKLY ZOOM WORKSHOPS

****BEFORE REGISTERING FOR A WORKSHOP PLEASE SEE THE DESCRIPTIONS BELOW FOR MORE INFORMATION ABOUT WHAT TO EXPECT AND WHAT TO BRING****

Time	Monday April 27, 2020	Tuesday April 28, 2020	Wednesday April 29, 2020	Thursday April 30, 2020	Friday May 1, 2020
<u>Option 1:</u> 10:00AM - 11:00AM	MINDFULNESS & MEDITATION Workshop Series: Introduction to Mindfulness and Meditation Session 2: How Mindful Are You?	COOKING & NUTRITION Workshop Series: Food with Nutrition in Mind Session 2: Easy Baked Apple Slices	MINDFULNESS & MEDITATION Workshop Series: Intro to Mindfulness and Meditation Session 2: How Mindful Are You?	SELF-ADVOCACY AND ACTIVISM (S.A.A.) Workshop Series: Introduction to S.A.A. Session 2: What's it all about? (PART 2)	COFFEE TALK
<u>Option 2:</u> 11:30AM - 12:30PM			FITNESS, HEALTH & WELLNESS Workshop Series: Coping with Stress Session 2: COVID-19 Coping Skills (cont.)		
<u>Option 1:</u> 1:00PM - 2:00PM	FITNESS, HEALTH & WELLNESS Workshop Series: Coping with Stress	ARTS AND CRAFTS Workshop Series: Origami Session 1: Butterfly	KARAOKE Workshop Series: Session 1:	BUDGETING Workshop Series: Budgeting Session 1: Importance of Money	FR-I-YAY SOCIAL!

<p><u>Option 2:</u></p> <p>2:30PM</p> <p>-</p> <p>3:30PM</p>	<p>Session 2: COVID-19 Coping Skills (cont.)</p>				
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WEEKLY WORKSHOP DESCRIPTIONS

WORKSHOP TOPIC	CONTENT OVERVIEW
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Pre-Employment Workshops Offered This Week:

<p>Workshop Series:</p> <p>Budgeting</p> <p>Session 1: Importance of Money</p>	<p>Understanding the importance of money means something for everyone individually. We will discuss the importance of saving money, explore what money means to everyone and how money is made in different ways. Understanding the different ways people make money and how to plan for the future is one of the most important factors when learning about money.</p> <p>For this session participants will need a pen and paper to take notes if needed.</p>
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Fitness, Health and Wellness Workshops Offered This Week:

<p>Workshop Series: Coping with Stress</p> <p>Session 2: COVID-19 Coping Skills (cont.)</p>	<p>We will continue to learn about and practice skills that can be used to cope with stress during the 2019 Covid-19 outbreak.</p> <p>The session will start off with a 17 minute yoga sequence that focuses on stretching our necks and shoulders in order to release tension in these areas. After that we will follow a 10 minute guided meditation that will focus on self-soothing. Lastly we will discuss the importance of daily outdoor walks and how social distancing can still be maintained.</p> <p>For this session participants will need a yoga mat OR a chair OR the edge of a couch and a water bottle.</p>
<p><u>Arts and Crafts Workshops Offered This Week:</u></p>	
<p>Arts & Crafts</p> <p>Session 1: Origami</p>	<p>Arts and crafts is always fun, to create something beautiful and personal for any occasion. In this class we will learn how to create a butterfly origami with a piece of paper of your choice.</p> <p>For this session participants will need a blank piece of paper; colour or white.</p>
<p><u>Cooking and Nutrition Workshops Offered This Week:</u></p>	
<p>Workshop Series: Food with Nutrition in Mind</p> <p>Session 2: Easy Baked Apple Slices</p>	<p>In this session, we will learn and practice making baked apple slices using a microwave oven. We will have the opportunity to practice following a recipe step-by-step. Lastly we will discuss the health benefits of eating apples.</p> <p>For this session participants will need:</p> <ul style="list-style-type: none"> ○ 1 peeled and sliced apple - use apples that cook well, like Granny Smith, HoneyCrisp or Fuji ○ 1 tablespoon of sugar or more to taste ○ Cinnamon ○ Half tbsp of maple syrup or more to taste ○ Microwave

- A microwavable safe bowl
- A spoon for mixing

****SEE THE FULL RECIPE BELOW ON THE LAST PAGE****

Self-Advocacy and Activism (S.A.A.) Workshops This Week:

**Workshop Series:
Introduction to S.A.A.**

Session 2: What’s it all about (PART 2)

Do you want to see positive changes in your community? Do you feel like your voice isn’t heard when government policies and decisions are made that affect your community? Our Self-Advocacy and Activism workshops will help identify issues that matter most to group members and take action to create positive change

In part 1 of this workshop we learned about what “advocacy” means and what self-advocacy is all about. In this second workshop we revisit self-advocacy before exploring the 101’s of activism. We’ll talk about what being an activist means and how activism can benefit us in our communities and every day lives.

Mindfulness and Meditation Workshops This Week

**Workshop Series:
Introduction to Mindfulness and
Meditation**

Session 2: How Mindful Are You?

In this session we develop self-awareness and discover opportunities for growth by taking a small survey together to see how mindful we *actually* are in our everyday lives. This workshop finishes with a guided meditation together.

Other Workshops This Week

FRI-YAY Social!

Let’s catch up! In this session we take the hour to simply hang out and connect with one another. We talk about Netflix, books, special dates and events that happened or are coming up—anything you’d like! This is the time to discuss with your friends and Corbrook staff how you, your friends and family are doing during this time. Can’t wait to see you!

Coffee Talk	Cozy up in your favourite coffee shop without ever having to leave your house! This is a relaxed setting where we discuss current events, socialize a little, maybe work on a crossword or two, and tune-in to what's going on in our local and global communities. Come prepared with a hot cup of coffee, tea, or your favourite morning beverage to sip on while we have a chat and start the day together.
Karaoke	A Corbrook classic! Channel your inner superstar, grab that hairbrush microphone and belt out some of your favourite tunes in this fun, interactive setting. Everyone who would like to sing will get at least one turn while the rest of us groove to the music and cheer you on. Come prepared with a list of the top 3 songs you'd like to sing along to.

Easy Baked Apple Slices

Ingredients

- 1 apple peeled and sliced - use apples that cook well, like Granny Smith,
- 1 Tbsp sugar (or to taste)
- A sprinkle of cinnamon
- Half Tbsp of maple syrup (or to taste)

Instructions

1. Sprinkle apples with cinnamon and sugar: Put apple slices in a glass bowl. Sprinkle with sugar and cinnamon. Mix together the apple slices, sugar and cinnamon.

2. Microwave on high for 2 minutes or more: Bake in a microwave oven for 2 minutes on high heat. Adjust the time for your microwave and how many apples you are doing.

If you use more apples, you will probably need to cook it a little longer. I suggest starting with 2 minutes and testing for doneness with a fork. If it needs more cooking time, give it more.

3. Add maple syrup to taste: When done, remove the bowl from the microwave. Add maple syrup to taste. Mix all ingredients together and enjoy!

Source: https://www.simplyrecipes.com/recipes/moms_baked_apple_slices/



HoneyCrisp or Fuji

Sprinkle sugar on top of the apple cinnamon.

minutes on high heat. Adjust the time