











Corbrook Zoom Workshop Schedule – MORNING

Week of May 4 – 8, 2020

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 11:00am	 Coffee Talk Don't forget to bring a beverage!	 Self-Advocacy and Activism What is a Self-Advocates Committee?	 Fitness, Health and Wellness COVID-19 Coping Skills (Part 3)	 Mindfulness and Meditation Meditation 101	 Coffee Talk Don't forget to bring a beverage!
11:30am – 12:30pm	 Mindfulness and Meditation Meditation 101	 Arts and Crafts Origami Airplanes	 Cooking and Nutrition 2-Ingredient Banana and Oat Breakfast Cookies	 Self-Advocacy and Activism What is a Self-Advocates Committee?	 Cooking and Nutrition 2-Ingredient Banana and Oat Breakfast Cookies

Corbrook Zoom Workshop Schedule – AFTERNOON

Week of May 4 – 8, 2020

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm – 2:00pm	 Fitness, Health and Wellness COVID-19 Coping Skills (Part 3)	 Pre-Employment Training Conflict Resolution Everywhere	 Arts and Crafts Origami Airplanes	 Fun and Games Pop-Culture Trivia	 Fri-YAY! Social
2:30pm – 3:30pm	 Cooking and Nutrition 2-Ingredient Banana and Oat Breakfast Cookies	 Karaoke! Don't forget a list of your top 3 songs!	 Karaoke! Don't forget a list of your top 3 songs!	 Money Management What Does a Budget Look Like?	 Fri-YAY! Social

Weekly Workshop Descriptions

Week of May 4 – 8, 2020

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WORKSHOP TOPIC

CONTENT OVERVIEW

Pre-Employment Workshops Offered This Week:



**Conflict Resolution
Everywhere**

We will discuss how conflict resolution is a very important skill to have while at home, interacting with others and while working. Conflict resolution effects team building, personal interaction and atmosphere. Collaborating and cooperating with family, friends, co-workers and management helps with the morale of the company you work for, your team in the workplace and the function at home. Understanding your personal strengths and weaknesses helps with each individual's part of team building and resolving conflict. Conflict resolution and communication are the biggest influences of success in teams and group activities whether at home or in the workplace.

Fitness, Health and Wellness Workshops Offered This Week:



**COVID-19 Coping Skills
(Part 3)**

We will continue to learn about and practice skills that can be used to cope with stress during the 2019 Covid-19 outbreak. The session will start off with a 16 minute yoga sequence that will focus on slowing us down and helping us focus on our minds and bodies. Next we will follow a 10 minute guided meditation that focuses on letting go. Lastly we will discuss how we can protect ourselves and others from Covid-19 by learning how to properly sanitize our hands.

For this session participants will need a yoga mat (optional), 1 to 2 blankets or a towel or a pillow and a water bottle.

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



What is a Self-Advocates Committee?

Now that we've learned what self-advocacy is all about, it's time to see what self-advocacy really looks like in action. In this session we explore the power of numbers—what happens when we practice self-advocacy as a team? Together we discuss what it means to self-advocate on behalf of others and check out examples from self-advocate groups across North America. We'll also talk about Corbrook's very own Self-Advocates Committee and the exciting opportunities for you to get involved.

Money Management Workshops Offered This Week:



What Does a Budget Look Like?

What is a budget? We will discuss the reasons for a budget and why it is very important when handling finances. Covering the importance of money has laid the foundation on how to create a budget and what that looks like for everyone individually. You will hear about tips and tricks on how to save money with your budget in mind.

Mindfulness and Meditation Workshops Offered This Week:



Meditation 101

In this session we learn the 101's of meditation—what is it and why it is beneficial? Together we'll de-bunk some of the myths we have heard and hesitations we have about meditation, and discover how mindfulness and meditation go hand-in-hand. We finish with a 5 minute guided meditation.

Arts and Crafts Workshops Offered This Week:



Origami Airplanes

Arts and crafts is always fun, to create something beautiful and personal for any occasion. In this class we will learn how to create an airplane origami!

For this session participants will need a piece of paper (the type is up to you.)

Cooking and Nutrition Workshops Offered This Week:



2-Ingredient Banana and Oat Breakfast Cookies

In this session we will learn and practice making 2-ingredient banana and oat breakfast cookies using an oven. We will have the opportunity to practice following a recipe step-by-step. Lastly we will discuss the health benefits of eating oats and bananas.

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

For this session participants will need:

2 large bananas, mashed

2 cups of rolled oats, blended or food processed until they are the consistency of flour; it is okay if they are not perfectly ground.

If desired, participants can add in 1 of the following to their cookies:

½ cup of chocolate chips

½ cup of raisins

½ cup of dried cranberries

½ cup of coconut flakes

½ cup of chopped walnuts, almonds or pecans

Participants will also need:

A blender or food processor to blend the oats into flour

A tool to mash the bananas with such as a masher or a large spoon

An oven

A large mixing bowl

A mixing spoon

Nonstick spray or parchment paper (do not use wax paper)

A cookie sheet

Oven mitts

For washing dishes: Sink, Liquid soap, a sponge

Social Workshops Offered This Week:



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.**



Fun and Games

It's all in the name! Whether we're testing our knowledge with trivia, trying our luck at bingo or checking out a virtual arcade, you'll be sure to have some FUN! The games we play will change from week to week and will always be interactive and online (no physical games are required at home). **This week's game is pop-culture trivia!**



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!

This Week's Recipe for Cooking and Nutrition

2-Ingredient Healthy Banana Bread Breakfast Cookies

Total Time with prep and cook times: 15 minutes

Serves: 16

Ingredients

2 large bananas, mashed

2 cups rolled oats

If desired, you can add in **1** of the following:

½ cup of chocolate chips

½ cup of raisins

½ cup of dried cranberries

½ cup of coconut flakes

½ cup of chopped walnuts, almonds or pecans



Instructions

Step 1: Preheat the oven to 350 degrees F.

Step 2: Place oats in a blender or food processor and blend oats until they become the consistency of flour; it's okay if they are not perfectly ground.

Step 3: In a large bowl combine the mashed banana with oats until smooth. Add in ½ cup of your add in; I will be using coconut flakes.

Step 4: Spray a baking sheet with nonstick spray or cover a baking sheet with parchment paper. Make sure you are using parchment paper, and not wax paper.

Step 5: Drop the dough using a tablespoon onto the cookie sheet and flatten a bit with a spoon.

Step 6: Bake for 9 - 12 minutes or until cookies are set. Remove from the oven and let them cool.

*The cookies can be stored in a covered container for a few days, or they can be frozen and reheated.

Source: <https://www.ambitiouskitchen.com/2-ingredient-healthy-banana-bread-breakfast-cookies-with-delicious-add-ins/>