

# ZOOM WORKSHOP SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30am</b> - <b>12:00pm</b>	Money Fundamentals	 Self-Advocacy and Activism	 Live Well	 Creative Studio	 Let's Talk
<b>12:30pm</b> - <b>2:00pm</b>	 Sense of S.E.L.F.	 In the Kitchen	 Striving for Success	 In the Kitchen	 Karaoke Dance Party!
<b>2:30pm</b> - <b>4:00pm</b>	 Live Well	 Creative Studio	 Dream BIG!	 Skills for Life	 Karaoke Dance Party!

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# WEEKLY WORKSHOP TOPICS

**Week: November 2 - 6, 2020**



## **Money Fundamentals**

**Topic:** Recognizing the Value of Bills

**Notes:** Bring any dollar bills that you have on hand.



## **Sense of S.E.L.F.**

**Topic:** Exploring Emotions

**Notes:** Bring paper and drawing tools (markers, pencil crayons, etc.). A journal or notebook is encouraged to keep your work all in one place.



## **Money Management**

**Topic:** Paying for Services

**Notes:** --



## **Self-Advocacy and Activism**

**Topic:** (Un)Comfort Zones and Boundaries

**Notes:** Bring blank paper and red, yellow, and green markers (or other drawing tools).



## **Striving for Success**

**Topic:** Resume Writing

**Notes:** Bring your current resume if you have one.



## **Dream BIG!**

**Topic:** Make Anything Happen: Goal Setting 3

**Notes:** Bring blank paper and a pencil/pen.



## **Live Well**

**Topic:** Body to Bliss Series: Climbing through the Chakras

**Notes:** You will need: open space, water, paper and drawing tools (markers, pencil crayons, etc.) A journal or notebook is encouraged to keep your work all in one place.



## **Creative Studio**

**Topic:** Yarn Flowers

**Materials:** Yarn, pipe cleaners, fork, scissors

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# WEEKLY WORKSHOP TOPICS

**Week: November 2 - 6, 2020**



## Skills for Life

**Topic:** Internet 101: Part 2

**Notes:** --



## In the Kitchen

**Recipe:** Fruit Yogurt Parfait Cup (see attached)

### Ingredients:

- 1 cup vanilla yogurt
- ¼ cup white chocolate chips
- 1 cup fruit of choice
- ½ cup granola or granola cereal

### You will need:

- Measuring cups
- Glass cup
- Cutting board
- Spoons
- Knife



## Let's Talk

**Topic:** Day of the Dead

**Notes:** This week many people celebrate the Mexican holiday Day of the Dead, or "All Souls Day" (November 2). What's this day all about? What do sugar skulls represent?



## Karaoke Dance Party!

**Topic:** Disco Fever!


**Notes:** "YMCA" dance moves and "Stayin' Alive" group song. Participants are welcome to dress up in 70's attire!

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# WORKSHOP DESCRIPTIONS



## **Money Fundamentals**

Need help making sense of your cents? Our Money Fundamentals workshops are geared towards those who are ready to get started on their journey towards financial literacy. Here you'll learn the 101's of money and gain an understanding of its various values. We'll teach you how to count the change in your pocket, make basic purchases, identify different forms of currency, and more! If you're not quite ready for the topics covered in our Money Management workshops like banking and paying bills, this is a great place to start!



## **Money Management**

Finances can be an intimidating topic, but we make it easy to feel confident about your funds. Our Money Management workshops will teach you practical skills like how to create an effective budget, cut back on expenses, conduct basic banking, price-match and more! You'll be asked to consider and evaluate your different sources of income, common spending expenses, everyday saving habits and how you manage your money at hand. Workshop participants are also encouraged to collaborate and share strategies or tips that have helped them in the past. Most importantly, these workshops will give you a better idea of how to support your own financial needs and will prepare you to save for the future that you want to have.



## **Striving for Success**

Do you have dreams of getting a job but don't know where to start? We can help! Prior to gaining employment, we want to ensure that you have the right tools and resources to excel on the job. Our Striving for Success workshops will teach you the soft skills you need for a workplace setting, such as communication, conflict resolution, teamwork, and professionalism. You'll also learn how to write a competitive resume, master an interview, search for jobs online, and gain hands-on experience practicing on-the-job tasks. By attending our collaborative and interactive Striving for Success workshops, you'll leave better equipped to meet employer expectations and retain long-lasting employment. Workshop participants are always encouraged to share their own knowledge and experiences with the group. Let's get to work!

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# WORKSHOP DESCRIPTIONS



## Live Well

Lead by our certified yoga and meditation instructor, our Live Well workshops combine physical activity, health education, and mindfulness practice to promote a holistic approach to individual wellbeing. With a focus on both mental and physical health, these workshops will encourage participants to conceptualize healthy living as much more than just diet and exercise. While you're sure to work up a sweat with fitness activities like yoga, dancing, weight training and chair cardio, you will also learn about general healthcare and the many aspects of emotional wellbeing. Session topics will differ from week-to-week but will always include a portion of physical activity, an educational segment, and time for a mindfulness practice. Take care of your body, mind, and spirit with this total wellness package and Live Well!



## Bream BIG!

It's all in the name! Our Dream BIG! workshops are all about passion, persistence, and shooting for the stars! These motivating workshops are designed to help you reach your goals and make your dreams a reality. This is an exciting opportunity for you to discover your strengths, talents, hopes and dreams so that you can plan for the future that you want to have. You'll learn how to practice self-determination and answer questions like: What do I want out of life? What brings me happiness? What are my values? What are my strengths? What choices can I make for myself? You'll also learn how to adopt a growth mindset and use strategies like SMART goals to achieve your full potential. Get ready to harness your ambition and Dream BIG!



## Let's Talk

Whether you have the gift of gab or not, come hangout and connect with others in this fun, social setting! This is a time to catch up with one another, chat about current events, play some social games, and simply enjoy each other's company. We can talk about life, Netflix, music, special dates, the weather, sports, or just about anything you'd like!

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There will be different themes each week to get the conversation started.

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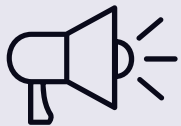
# WORKSHOP DESCRIPTIONS



## ***Sense of S.E.L.F. (Social Emotional Learning Fundamentals)***

What does empathy mean? What do healthy relationships look like? How do you make social connections with others? What are emotions and how do you manage them? These are just some of the questions we answer in our Sense of S.E.L.F. workshops, where you'll have the opportunity to develop a strong social and emotional skillset. Social and emotional skills are the tools we use in social interactions and to manage every day emotional responses. Things like social awareness and taking responsibility for oneself are essential to maintaining healthy relationships and practicing self-care. With this in mind, our Sense of S.E.L.F. workshops are anchored around the 5 pillars of social emotional learning:

- Self-management
- Self-awareness
- Social awareness
- Responsible decision making
- Relationship skills



## ***Self-Advocacy and Activism***

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 you? Do you want to make the world a better place for everyone? Develop a strong sense of self-empowerment and self-determination by learning about diversity, social justice, human rights, and how to advocate for yourself! This is an exciting opportunity to get involved in your community through activism, charity involvement, awareness raising, and whatever initiatives we come up with together! YOU have the power to be your own self-advocate, and YOU have the power to make real changes in your life! Join Self-Advocacy and Activism to find out how!

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# WORKSHOP DESCRIPTIONS



## Skills for Life

Not your average “life skills” package! Skills for Life is a workshop designed for life in the 21st century. On top of learning how to master things like housekeeping, personal hygiene, public transit, and day-to-day tasks, you’ll also develop the skills you actually need for modern living, such as:

- How to use apps on your smartphone
- How to order a drink at your favourite coffee shop
- How to be safe on social media
- How to decorate your living space
- How to book your own Wheel-Trans ride online
- How to use key search terms on Google
- How to throw a successful party!

...and more! Set yourself up for success in today’s world by joining these practical, topical, hands-on workshops.



## Creative Studio

Kick start your creativity and experience the exciting world of self-expression in our Creative Studio! With new projects every week, workshop participants will be able to create their own pieces of unique artwork using a variety of different mediums. Not only will you have the opportunity to create beautiful artwork, learn how to DIY and craft up a storm, you will also be introduced to art practices from around the world and the works of great artists throughout history. We also take a look at the up-and-coming artists of today and explore more modern forms of creative expression like graffiti, photography, and digital art. Whether you’re learning a new skill or polishing old ones, these accessible and engaging workshops will encourage you to keep the creativity flowing long after they’re done!

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## ***In the Kitchen***

Join us In the Kitchen for a unique food experience! At Corbrook, we see the kitchen as an optimal space for full-spectrum learning. Lead by our in-house culinary specialist, our In the Kitchen workshops provide you with an opportunity to engage in many different fields of discovery. Not only will you learn how to prepare practical food dishes, make healthy food choices, and practice proper safety measures, you will also have the chance to:

- Learn about geography by checking out international dishes and learning how and where food grows
- Enhance creativity by decorating baked goods and plating colourful foods
- Explore science and chemistry by experimenting, making predictions, and observing how food changes
- Sharpen your math skills through measuring, counting and fractions
- Develop literacy skills by reading recipes and nutritional facts

When we're In the Kitchen, the possibilities are endless! Come dig-in to the exciting world of food and cook up something fun.



## ***Karaoke Dance Party!***

Channel your inner superstar, grab that hairbrush microphone and belt out some of your favourite tunes! Our Karaoke Dance Party! workshops offer a fun, interactive setting where we combine elements of song and dance for a heart-pumping experience. With new themes each week, we explore different genres and decades of music, and learn all kinds of dance moves from around the world. Everyone who would like to sing will get at least one turn being a karaoke superstar while the rest of us dance along and practice the new moves we've learned. Show off your singing skills while also getting your sweat on in our upbeat Karaoke Dance Party! Please come prepared with a list of the top 3 songs you would like to sing along to (you can stick to your favourites or pick new songs that go with the week's theme).

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# **Fruit Yogurt Parfait**

## **Cups**

### **Ingredients:**

- 1 Cup Vanilla Yogurt
- 1/4 cup White chocolate chips
- 1 Cup fruit of choice
- 1/2 cup granola or granola cereal



### **Instructions:**

1. Wash fruit thoroughly.
2. Cut fruit into small chunks.
3. Take your glass cup and place two spoons of your yogurt on the bottom.
4. Place your cup fruit on top of your yogurt.
5. Sprinkle granola on top.
6. Sprinkle white chocolate chips on top.
7. Continue to layer your ingredients until you reach the top.
8. Place parfait into the refrigerator until ready to serve!