

# Young Adults Online Workshops

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 
4	5  <b>Open to All</b> <b>Easy Fitness</b> <b>1:00pm - 2:30pm</b> Terry-Ann & Christine <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/82243605922">https://us02web.zoom.us/j/82243605922</a> +1 647 374 4685 Meeting ID: 822 4360 5922	6  <b>Open to All</b> <b>Wellness Wednesday</b> <b>Maintaining Mental Health Series</b> Terry-Ann & Christine Guest Speaker <b>1:00pm -2:00pm</b> <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/83527548524">https://us02web.zoom.us/j/83527548524</a> +16475580588 Meeting ID: 835 2754 8524	7  <b>Skill Building Thursday</b> <b>Goal Setting</b> <b>(Employment) Part 1</b> <b>11:00am – 12:00pm</b> Christine and Kamal <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/84048051527">https://us02web.zoom.us/j/84048051527</a> +1 438 809 7799 Meeting ID: 840 4805 1527	8  <b>Open to All</b> <b>Fun Friday</b> <b>1:00pm - 2:00pm</b> Kamal & Jannatul <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/84240637249">https://us02web.zoom.us/j/84240637249</a> +1 778 907 2071 Meeting ID: 842 4063 7249
11	12  <b>Building Effective Communication</b> <b>Part 1</b> <b>1:00pm - 2:30pm</b> Christine <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/85287806087">https://us02web.zoom.us/j/85287806087</a> +1 647 374 4685 Meeting ID: 852 8780 6087	13  <b>Open to All</b> <b>Wellness Wednesday</b> <b>Maintaining Mental Health Series</b> Terry-Ann Guest Speaker: Claudia <b>1:00pm -2:00pm</b> <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/83527548524">https://us02web.zoom.us/j/83527548524</a> +16475580588 Meeting ID: 835 2754 8524	14  <b>Skill Building Thursday</b> <b>Goal Setting</b> <b>(Social) Part 2</b> <b>11:00am – 12:00pm</b> Kamal <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/84048051527">https://us02web.zoom.us/j/84048051527</a> +1 438 809 7799 Meeting ID: 840 4805 1527	15  <b>Open to All</b> <b>Fun Friday</b> <b>1:00pm - 2:00pm</b> Christine & Jannatul <b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/84240637249">https://us02web.zoom.us/j/84240637249</a> +1 778 907 2071 Meeting ID: 842 4063 7249

<p>18</p>	<p>19</p> <p><b>Building Effective Communication Part 2</b>  <b>1:00pm - 2:30pm</b>  Christine  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/85287806087">https://us02web.zoom.us/j/85287806087</a>  +1 647 374 4685  Meeting ID: 852 8780 6087</p>	<p>20</p> <p><b>Open to All Wellness Wednesday Maintaining Mental Health Series</b>  Christine  Guest Speaker  <b>1:00pm -2:00pm</b>  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/83527548524">https://us02web.zoom.us/j/83527548524</a>  +16475580588  Meeting ID: 835 2754 8524</p>	<p>21</p> <p><b>Skill Building Thursday Conflict Resolution Part 1</b>  <b>11:00am – 12:00pm</b>  Terry-Ann  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/84048051527">https://us02web.zoom.us/j/84048051527</a>  +1 438 809 7799  Meeting ID: 840 4805 1527</p>	<p>22</p> <p><b>Open to All Fun Friday</b>  <b>1:00pm - 2:00pm</b>  Kamal &amp; Jannatul  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/84240637249">https://us02web.zoom.us/j/84240637249</a>  +1 778 907 2071  Meeting ID: 842 4063 7249</p>
<p>25</p>	<p>26</p> <p><b>Open to All Easy Fitness</b>  <b>1:00pm - 2:30pm</b>  Terry-Ann  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/89105992323">https://us02web.zoom.us/j/89105992323</a>  +1 647 374 4685  Meeting ID: 891 0599 2323</p>	<p>27</p> <p><b>Open to All Wellness Wednesday Maintaining Mental Health Series</b>  Kamal  Guest Speaker  <b>1:00pm -2:00pm</b>  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/83527548524">https://us02web.zoom.us/j/83527548524</a>  +16475580588  Meeting ID: 835 2754 8524</p>	<p>28</p> <p><b>Skill Building Thursday Conflict Resolution Part 2</b>  <b>11:00am – 12:00pm</b>  Christine  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/84048051527">https://us02web.zoom.us/j/84048051527</a>  +1 438 809 7799  Meeting ID: 840 4805 1527</p>	<p>29</p> <p><b>Open to All Fun Friday</b>  <b>1:00pm - 2:00pm</b>  Terry-Ann &amp; Jannatul  <b>Join Zoom Meeting</b>  <a href="https://us02web.zoom.us/j/84240637249">https://us02web.zoom.us/j/84240637249</a>  +1 778 907 2071  Meeting ID: 842 4063 7249</p>

### **Easy Fitness**

Join us every Tuesday for an energetic workout that pairs with easy movements, exercises and breathing techniques.

### **Wellness Wednesday: Maintaining Mental Health Series**

Programs are designed to foster the development of healthy habits and lay the groundwork for participants to lead a balanced and healthy lifestyle.

### **Fun Friday**

It's time to take a break and have some fun! Join us every Friday for interactive and fun activities to help you get through home-isolation

### **Building Effective Communication**

Participant will work towards developing basic communication skills, initiate appropriate conversation with others and maintaining a conversation

### **Skill Building Thursday: Conflict Resolution**

Participant will learn how to problem-solve using creative thinking and action, to understand different techniques of dealing with conflict

### **Skill Building Thursday: Goal Setting**

This workshop will examine some guidelines for setting realistic goals, to examine the reasons why goal-setting is important and identify and define some of the basic requirements needed to be successful when setting goals