



Hutton House

PRESENTS

The Well-Nest

FOLLOW US ON FACEBOOK

A VIRTUAL WELLNESS PROGRAM
FOR PARTICIPANTS, FAMILIES &
CAREGIVERS

To register contact us

WWW.HUTTONHOUSE.COM

wellnest@huttonhouse.com

519-902-4622

SUPPORT
PROVIDED BY
MCCSS



Hutton House presents
The Well-Nest
A Virtual Program

Program Description:

- 7 online workshops to choose from
- For people 18 and older, living at home
- Programs for both participant or caregiver
- February 8th to March 31st
- **Free to join and join any time**

What do I need to sign up:

Internet connection

Computer, phone or tablet

Zoom

Next Steps:

Choose workshops you want to take

Complete form to register

Program staff will contact you

Caregivers Series

- Lead by Megan Watson, Senior Therapist (Cohorts available on calendar)

- This 4 part series is separated into cohorts, each includes: **Self-Care and Mindfulness:** Address the importance of self-care. We will discuss strategies, including mindfulness, that can support the self-care of caregivers. **Proactive Strategies for Supporting Success:** This will focus on proactive strategies to promote positive behaviour and reduce challenges and conflict. **Skill Building Strategies:** Addresses effective strategies for skill building and step-by-step procedures for implementing. Participants will leave with a preliminary plan for building a specific skill. **Choice-making and Independence:** Addresses the importance of using choices to encourage independence. Discuss strategies to teach choice making and self-determination and opportunities for offering choices.

Managing Anxiety

- Lead by Lisa Havens (Thursday | 2:00 pm - 3:30 pm)

- Do you have anxiety and have trouble coping? Learn about the symptoms of anxiety with Lisa, our Registered Social Worker. Worksheets will be used to help you learn what triggers your anxiety and how you can cope with it. On the second day, we will talk about the coping strategies we've learned about and if you found them helpful. We will also discuss what resources are available to help you in the community.

Mindfulness

- Lead by Natalie Coles (Monday | 12:30 - 1:30 pm)

- Becoming mindful takes practice, and that's exactly what we are going to do! We will develop and add new ways of coping to our mental health tool box in engaging and interesting ways. Each class will focus on a new way of living a more mindful life, as well as mental health check ins and learning how to support and hold space for each other.

Yoga

- Lead by Natalie Coles (Monday | 2:00 pm - 3:00 pm)

- Each yoga class will begin with a reflection of how we are feeling and different types of calming breath practices. We will move our bodies in gentle and stress free ways with modifications where needed. The emphasis will be on feeling safe both in movement and emotions. These exercises will be accessible for every participant and no experience is necessary.

Music

- Lead by Craig Cardiff (Tuesday & Thursday in March | 6:00 pm - 7:00 pm)

- Music lovers will get the chance to learn and have fun with Juno nominee, singer songwriter Craig Cardiff! Participants will learn about music and songwriting, while engaged with humour, singalong, and improv songwriting. Come join Craig and some surprise guests in celebrating joy and hope created through music.

Theatre

- Lead by Kelsey McCrae (Tuesday & Thursday | 9:30 am - 10:30 am)

- Let's let loose and have fun some with theatre! Join Kelsey for an introduction into the world of theatre through improv (think 'Whose Line Is It Anyways'). No experience is necessary, just an openness to get silly and have some fun. Together we will play classic improv theatre games, and create our own stories during our time together.

Cooking

- Lead by Instructor Therapist (Participant sessions Mondays in March | 7:00 - 8:00 pm)

- Cooking is fun, especially when shared with others! Group learning is provided where participants work toward common skills and goals. This series will offer one training session for caregivers to use a specialized cookbook provided, followed by 4 sessions of guided cooking for participants and caregivers using the cookbook. **Caregiver Training Session dates available on calendar & intake form.**



Scan code
to access
form online

[CLICK HERE TO REGISTER](#)

← Click button to
access form online

FEBRUARY



SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8 Mindfulness 12:30-1:30pm Yoga 2-3pm	9 Theatre 1 9:30-10:30am	10 Cohort 1: Caregivers Series 1:00 - 2:30pm	11 Theatre 1 9:30-10:30am	12 Cohort 2: Caregivers Series 7:00 - 8:30pm	13
14	15 Family Day No classes	16 Theatre 1 9:30-10:30am	17 Cohort 1: Caregivers Series 1:00 - 2:30pm	18 Theatre 1 9:30-10:30am Managing Anxiety 1 2:00 - 3:30pm	19 Cohort 2: Caregivers Series 7:00 - 8:30pm	20
21	22 Mindfulness 12:30-1:30pm Yoga 2-3pm	23 Theatre 1 9:30-10:30am	24 Cohort 1 Caregivers Series 1:00 - 2:30pm	25 Theatre 1 9:30-10:30am Managing Anxiety 1 2:00-3:30pm	26 Cohort 2: Caregivers Series 7:00 - 8:30pm	27
28						



"Don't forget you are awesome!"

MARCH



SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Mindfulness 12:30-1:30pm Yoga 2-3pm Caregiver Cookbook Training 7:00 - 8:00pm	2 Theatre 1 9:30-10:30am Music 6:00-7:00pm	3 Cohort 3: Caregivers Series 10:00-11:30am Cohort 1: Caregivers Series 1:00 - 2:30pm	4 Theatre 2 9:30-10:30am Caregiver Cookbook Training 2:00 - 3:00pm Music 6:00 - 7:00pm	5 Cohort 2: Caregivers Series 7:00-8:30pm Cohort 4: Caregivers Series 1:00 - 2:30pm	6
7	8 Mindfulness 12:30-1:30pm Yoga 2-3pm Participant Cook 7:00 - 8:00pm	9 Theatre 2 9:30-10:30am Music 6:00 - 7:00pm	10 Cohort 3: Caregivers Series 10:00 - 11:30am	11 Theatre 2 9:30-10:30am Managing Anxiety 2 2-3:30pm Music 6-7pm	12 Cohort 4: Caregivers Series 1:00 - 2:30pm	13
14	15 Mindfulness 12:30-1:30pm Yoga 2-3pm Participant Cook 7:00 - 8:00pm	16 Theatre 2 9:30-10:30am Music 6:00 - 7:00pm	17 Cohort 3: Caregivers Series 10:00 - 11:30am	18 Theatre 2 9:30-10:30am Managing Anxiety 2 2-3:30pm Music 6-7pm	19 Cohort 4: Caregivers Series 1:00 - 2:30pm	20
21	22 Mindfulness 12:30-1:30pm Yoga 2-3pm Participant Cook 7:00 - 8:00pm	23 Theatre 2 9:30-10:30am Music 6:00 - 7:00pm	24 Cohort 3: Caregivers Series 10:00 - 11:30am	25 Theatre 2 9:30-10:30am Music 6:00 - 7:00pm	26 Cohort 4: Caregivers Series 1:00 - 2:30pm	27
28	29 Mindfulness 12:30-1:30pm Yoga 2-3pm Participant Cook 7:00 - 8:00pm	30 Theatre 2 9:30-10:30am Music 6:00 - 7:00pm	31			



"Celebrate the small things"