

Corbrook is offering **FREE** workshops on Zoom!

Our workshops will give you the opportunity to gain new skills, explore various topics of interest, meet new people and expand your horizons! We are offering a variety of topics including:

- **Mindfulness and Meditation**
- **Pre-Employment Training**
- **Arts and Crafts**
- **Karaoke**
- **Money Management**
- **Yoga and Fitness**
- **Cooking and Nutrition**
- **Self-Advocacy and Activism**
- **Life Skills**
- **Fun and Games**
- **Dance**
- **Social Drop-Ins**



To register or get more information please email Louise louise.scott@corbrook.com or Irene irene.cvetkovski@corbrook.com. Please provide a phone number you can be reached at.

Registration will be first come, first serve with a maximum of two workshops per week. See the attached schedule for program descriptions and workshop times.

Please note that you will require a computer/tablet with video capabilities (webcam) and access to the internet in order to participate in Zoom workshops.

Weekly Workshop Descriptions

Week of May 22-25, 2020

SCHEDULE ATTACHED BELOW WORKSHOP DESCRIPTIONS.

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

WORKSHOP TOPIC

CONTENT OVERVIEW

Pre-Employment Training Workshops Offered This Week:



Mental Health in the Workplace

We will be discussing what mental health is and the importance of opening up a dialogue surrounding mental health. Participants will be looking at strategies and techniques to promote mental health within the workplace. In addition if recovering from mental illness, we will learn about the employer's duty to accommodate and what a return to work plan may look like. The pros and cons of self-disclosing and your right as an employee will be discussed as well.

Money Management Workshops Offered This Week:



Why are Paystubs Important?

When you are employed, you receive a pay check based on the value of the work that you did. There are many deductions involved when receiving a paystub that outlines what you get at the end of your pay period. Participants will be able to gain a better understanding of how their pay is calculated and how deductions play a role. We will learn all the ins and outs of what is included in your pay.

Fitness, Health and Wellness Workshops Offered This Week:



Coping With Stress

Our Fitness, Health and Wellness workshop will explore various exercises combined with health and wellness techniques, offered at both high and low intensity sessions. In this workshop, we will be unpacking the ways we can stay active and healthy while at home. The session will include an incredible chair cardio routine, followed by a guided breathing exercise and a brief discussion on post-workout food choices.

You will need comfy clothes, open space, a chair, and water for this workshop.



Let's Dance!

This week join us for a Soca music dance workout to get in the mood for summer! Embrace in the culture of Soca music and dance and learn some history of the Toronto Caribbean Carnivals. We will also discuss the importance of drinking water after exercising.

For this session participants will need to bring water, a small face towel and a chair (preferably with no arms).

Mindfulness and Meditation Workshops Offered This Week:



Noting Meditation

With the “noting” technique, you’ll learn to restore awareness and manage distractions. This is a mindfulness technique in which you “note” a particular thought or feeling when you become distracted by giving it a name. In this workshop you will have the opportunity to practice “noting” with a guided meditation, and you will leave with an idea of how it can be integrated into your day-to-day life.

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



Exploring Diversity (Part 2)

Because there are so many things that make us unique, there's no way we can talk about all of them in one session! In this workshop we continue our conversation about all the things that make us who we are, whether it's age, race, gender, sexuality, dis/ability, religion or otherwise. We also discuss the things that bring us together and ways to make everyone feel welcome and included in our community.

Arts and Crafts Workshops Offered This Week:



Understanding Colour Continued

Arts and crafts give us the chance to explore fun and creative ways to express ourselves, and create something beautiful at the same time. In this workshop, we will be exploring the second element of art – Colour. In the activity called Understanding Colour, we will apply our knowledge of colour theory to create an image made of complementary colours. This activity will help us identify and use colour to its full potential. Artist highlight of the week... Pablo Picasso!
You will need a blank sheet of paper, a drawing tool, and colouring tools for this workshop.

Life Skills Workshops Offered This Week:



Personal Hygiene

“Life Skills” encompass many of the tasks that we do throughout our day. Improving our ability to complete these tasks helps us to lead healthier, happier and more independent lives! In our first series of sessions we will focus on hygiene. We will dive into some dos and don'ts, and common misconceptions about the way we keep our bodies and personal spaces clean. Join us this week as we discuss the benefits of baths and showers and how they can refresh our mind, body and overall well-being.

Cooking and Nutrition Workshops Offered This Week:

**** PLEASE SEE RECIPE ATTACHED ON LAST PAGE BEFORE REGISTERING FOR THIS WORKSHOP. ****

Participants will learn and practice making English muffin pizzas using an oven.

For this recipe participants will need:

- Aluminum foil or parchment paper - do not use wax paper
- 2 english muffins - sliced in half
- ½ cup of shredded mozzarella cheese - or another cheese of your choice
- An oven or toaster oven that can heat to 350 degrees. A regular toaster will not work
- for this recipe
- A spatula
- Oven mitts

Optional pizza toppings:

- 1 diced green pepper
- 1 sliced Roma tomato
- Any vegetable of your choice. Please cut the vegetable before the workshop
- 12 slices of mini pepperoni

Participants will also need:

- A sink for washing dishes
- Liquid soap for washing dishes
- Sponge
- Handouts: Recipe for English Muffin Pizzas (attached)



English Muffin Pizzas

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 ...Bingo!**



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 week we invite participants to wear a fun, silly or cool costume!**

This Week's Recipe for Cooking and Nutrition

English Muffin Pizzas

Makes 4 English muffin pizzas

Ingredients

2 English muffins, sliced in half - You should have 4 halves altogether

½ cup mozzarella cheese, shredded - if you do not have a shredder, you can also slice the cheese

Optional toppings

1 green bell pepper, diced - or another vegetable you prefer

1 Roma tomato, sliced - or another vegetable you prefer

12 slices of mini pepperoni



Directions

Step 1: Pre-heat oven to 350 degrees and line a cookie sheet with aluminum foil or parchment paper. Do not use wax paper.

Step 2: Cut the English muffins in half and place an even distribution of mozzarella cheese on each half.

Step 3: Top with mini pepperoni slices, green bell pepper and Roma tomato slices or vegetables of your choice.

Step 4: Place on a cookie sheet and bake at 350 degrees for about 10 minutes until the cheese is melted and the pizzas are golden brown.

Corbrook Zoom Workshop Schedule – MORNING

Week of May 25-29, 2020

****BEFORE REGISTERING FOR A WORKSHOP PLEASE SEE THE DESCRIPTIONS ABOVE 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!	 Arts and Crafts Understanding Colour Continued	 Fitness, Health and Wellness Coping with Stress	 Mindfulness and Meditation <i>Noting Meditation</i>	 Coffee Talk Don't forget to bring a beverage!
11:30am – 12:30pm	 Mindfulness and Meditation <i>Noting Meditation</i>	 Self-Advocacy and Activism Exploring Diversity Part 2	 Cooking and Nutrition English Muffin Pizzas	 Life Skills Personal Hygiene	 Let's Dance! Pump up your heartrate while we pump up the jams

Corbrook Zoom Workshop Schedule – AFTERNOON

Week of May 25-29, 2020

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm – 2:00pm	 Fitness, Health and Wellness Coping with Stress	 Pre-Employment Training Mental Health in the Workplace	 Arts and Crafts Understanding Colour Continued	 Fun and Games Bingo!	 Fri-YAY! Social Costume Day
2:30pm – 3:30pm	 Cooking and Nutrition English Muffin Pizzas	 Karaoke! Don't forget a list of your top 3 songs!	 Money Management Why are Paystubs Important?	 Karaoke! Don't forget a list of your top 3 songs!	 Fri-YAY! Social Costume Day