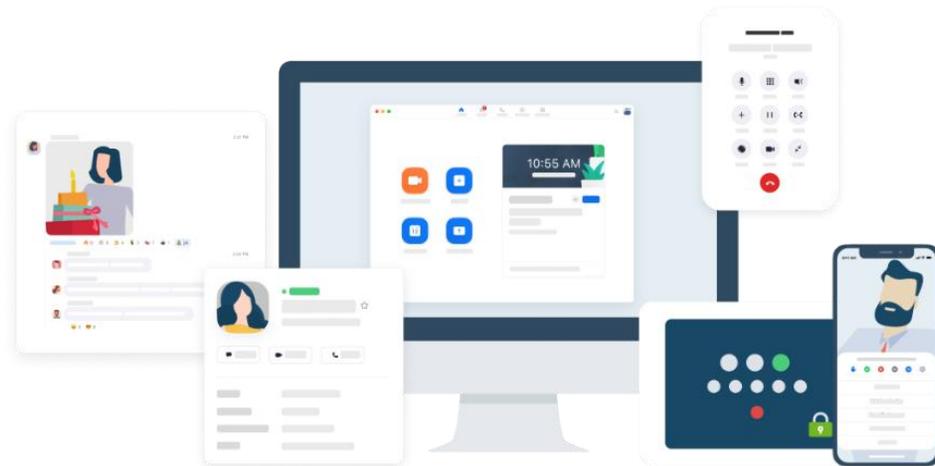


Corbrook is offering **FREE** workshops on Zoom!

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 19 - 22, 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:



Employer Expectations

Employer expectations are important now because being positive and prepared will lead to developing a routine that will help in the future. We will learn and understand how to appropriately act in the workplace by following instructions and understanding what our job duties are. We will also be discussing how that relates to the importance of your role in your home. We will learn how to ask the right questions, talk to employers/co-workers and what time management means to each participant.

Money Management Workshops Offered This Week:



What is the Value of Money?

Understanding the importance of money means something for everyone individually. What is money and why is it important in today's society? We will discuss the importance of recognizing the type of money, value associated with it and how to use our money on a daily basis.

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. In this workshop, we will continue to learn about and practice skills that can be used to cope with stress. This session will include accessible yoga focusing on seated positions, then we will begin a guided meditation on being present. Our workshop will end in a discussion on managing racing thoughts at night, and the importance of a good sleep.

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



Let's Dance!

This week join us for a Social music inspired seated workout to get your body moving! Participants will loosen up their muscles and joints while having a good time releasing their happy endorphins! We will cool down with some stretches to help promote blood flow and reduce stress to the heart and other muscles.

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:



Body Scan Meditation

With the “body scan” technique, you’ll learn to use meditation to connect with your body. This technique involves scanning your body from head to toe and being aware of any discomfort, sensations, or aches that exist (which could be indicators of stress and anxiety). In this workshop you will have the opportunity to practice a “body scan” 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

You may have heard the word “diversity” before, but what does it actually mean? In this session we talk about all the things that make us unique, whether it’s age, race, gender, sexuality, dis/ability, religion or otherwise. We also discuss the things that bring us together and brainstorm ways to make everyone feel welcome and included in our community.

Arts and Crafts Workshops Offered This Week:



The Elements of Art – Colour: Creating a Colour-Wheel

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. We will be discussing this elements’ influence on our world, and will be able to identify primary and secondary colours. With this knowledge, we will then create a colour-wheel together! This colour-wheel will be used as a tool for next weeks’ workshop, so keep it handy! Artist Highlight of the week... Picasso!

For this workshop you will need paper, a pen or pencil, and your favorite colouring tools.

Life Skills Workshops Offered This Week:



Oral 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. This week we will learn and practice proper oral hygiene techniques. Be ready to learn something new and have some fun!

Participants will need access to water (a sink), toothbrush, toothpaste, baking soda and dental floss.

Cooking and Nutrition Workshops Offered This Week:



Easy Scrambled Eggs

In this session we will learn and practice making easy scrambles eggs using a frying pan on a stove. We will have the opportunity to practice following a recipe step-by-step. Lastly we will discuss the health benefits of eating eggs.

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

For this recipe participants will need:

Cooking spray, or 1 tbsp of butter, or margarine or oil to coat the frying pan

2 eggs

2 tbsp of milk (optional if you want creamier eggs)

Salt and pepper to taste

A sprinkle of shredded cheese if participants want cheesy eggs

Participants will also need:

A stove

Frying pan

Small bowl

Whisk

Wooden spoon or silicon tool (something that won't scratch the frying pan)

A sink for washing dishes

Liquid soap for washing dishes

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 ...Scavenger Hunt!**



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's theme is wear that funny hat! Wear a funny hat you have around the house or get creative and make something or improvise!**

This Week's Recipe for Cooking and Nutrition

Easy Scrambled Eggs

Total Time with prep and cook times: 15 minutes

Serves: 1

Ingredients:

Cooking spray, or 1 tbsp of butter, or margarine or oil

2 eggs

2 tbsp of milk (optional if you want creamier eggs)

Salt and pepper to taste



Directions:

Step 1: Heat a medium frying pan over medium heat and coat it well with cooking spray, or butter, or margarine or oil.

Step 2: Crack the eggs into a small bowl.

Step 3: Add milk and salt and pepper to taste.

Step 4: Whisk until well blended and yolks are broken up completely.

Step 5: Pour the egg mixture into the heated frying pan, using a wooden spoon or silicon tool to stir the egg mixture continuously as it cooks. Remove the frying pan from the heat once the eggs are no longer runny.

Step 6: Remove eggs from the frying pan using the wooden spoon or silicon tool onto a plate and eat immediately.

Notes

Variations: Sprinkle eggs with shredded cheese before serving, such as cheddar, Monterey Jack or mozzarella.

Fill a tortilla, toasted bagel or English muffin for a quick and portable breakfast.

Corbrook Zoom Workshop Schedule – MORNING

Week of May 19 – 22, 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	Happy Victoria Day	 Self-Advocacy and Activism Exploring Diversity	 Fitness, Health and Wellness Lesson title	 Mindfulness and Meditation <i>Body Scan Meditation</i>	 Coffee Talk Don't forget to bring a beverage!
11:30am – 12:30pm		 Arts and Crafts The Elements of Art – Colour: Creating a Colour-Wheel	 Cooking and Nutrition Easy Scrambled Eggs	 Life Skills Oral Hygiene	 Let's Dance! Pump up your heartrate while we pump up the jams

Corbrook Zoom Workshop Schedule – AFTERNOON

Week of May 11 – 15, 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	Happy Victoria Day	 Pre-Employment Training Employer Expectations	 Arts and Crafts The Elements of Art – Colour: Creating a Colour-Wheel	 Fun and Games Scavenger hunt	 Fri-YAY! Social Funny Hat Day
2:30pm – 3:30pm		 Karaoke! Don't forget a list of your top 3 songs!	 Money Management What is the Value of Money?	 Karaoke! Don't forget a list of your top 3 songs!	 Fri-YAY! Social Funny Hat Day