



Life Skills Series

ALL AGES AND COMMUNITY MEMBERS WELCOME

FREE TO ATTEND. Sign up by contacting Grace at gchisholm@cb-bac.ca
Events taking place at Anchor Youth Space (37 Nepean St, Sydney)

February 4 | 2-4pm

Global Citizenship (Alyssa)

This Global Citizenship presentation focuses on the core values of being a good citizen: Honesty, Respect, Compassion, Courage, and Responsibility. In this presentation, we will showcase how students from the ThriveAbility classroom have worked towards contributing to their community through past projects. We will perform an exercise that shows participants in the presentation the value of making a difference in someone else's life.

February 11 | 2-4pm

Valentine's Day Activity (Nikayla)

Valentine's Day/Self-Love/Companionship Activity/Program:

Option 1: Affirmation/BFF bracelets - with letter beads or we could do morse code

Option 2: Bag Charms/Keychains

This hands-on craft session allows participants to create a meaningful accessory while helping them focus on self-love and connection. The bracelets can feature letter bead affirmations such as "STRONG" or "CAPABLE," or they can be made using Morse code to create a secret message that only they know the meaning of. The bag charms/keychains or another customizable accessory option. This session encourages creativity while making a meaningful accessory or a gift for a friend.



February 18 | 2-4pm

Food Labels: Making Informed Choices (Karen)

This class teaches participants how to read and interpret food labels to make healthy, informed choices. Topics include understanding a nutrition facts panel, serving sizes, ingredient lists and common marketing terms such as “low-fat,” “sugar-free,” and “organic.” Through hands on activities and group discussions, participants will gain the skills needed to compare products, identify nutrient-dense options, and make informed choices that support their personal health goals.

February 25 | 2-4pm

Story Writing Workshop (Alyssa)

Participants will learn skills to help them plan, draft, and publish a short story. There will be a graphic organizer activity to help students draft a beginning, middle, and end to a short story. Participants who enjoy this workshop may wish to use this draft during future workshops to help them write their first story draft.

March 4th | 2-4pm

Supporting Special Dietary Needs (Karen)

This class focuses on understanding a variety of special dietary needs. Participants will learn about dietary modifications for food allergies, intolerances, diabetes, cardiovascular disease, celiac disease, and other medical conditions. Emphasis is placed on understanding nutrient requirements, modifying recipes, and making food choices that support health and lifestyle goals. Through practical examples, participants will gain the skills they need to create nutritious, enjoyable meals that meet individual dietary requirements.

March 11 | 2-4pm

St. Patrick's Day Recreation Activity (Nikayla)

Sip (coffee/tea) & Paint

This session provides a calm, relaxed, group experience. Participants will be provided with canvases, paints, and brushes to create their own painting (broken down step-by-step) while enjoying a hot beverage and a light snack. This activity aims to foster companionship and creativity in a low-pressure environment, celebrating the St. Patrick's Day theme through art.

March 18 | 2-4pm

Understanding Stress and Anxiety (Alyssa)

This workshop is intended to help participants understand stress, and to realize that not all stress is bad and it exists for a reason. Students will learn healthy coping strategies to deal with the negative symptoms that can arise when experiencing stress. They will learn positive ways to communicate to others when they are feeling stressed as well as how to set boundaries with others when they are overwhelmed.

March 25 | 2-4pm

Spring Door Designs Activity (Nikayla)

To welcome the Spring season, participants will decorate round sign blanks using paint, stencils, or vinyl cutouts to create a decorative door sign. This craft is designed to be a functional, seasonal piece of home décor (perfect for those who are about to move out of an institutional environment). Pre-made bows and string will be available to complete the signs.