



Day Health Program Weekly Groups Schedule

WINTER 2022

Steady on Your Feet: Falls Prevention

Clients at risk of falling are engaged in a balance-focused exercise program to reduce falls that could cause complications and injuries. Ongoing education around falls-risk management and creating safer environments will accompany the exercises for a holistic approach to preventing falls.

**CAROLANN MURRAY AND
SAMUEL MORRISON, PHYSIOTHERAPISTS**

Mondays 3:00 p.m. – 4:00 p.m.

Circuit Exercise Class

Exercise class composed of eleven circuits, which is a combination of resistive and aerobic exercise. To participate you must be able to stand independently and move for up to 45 minutes. Confirm with your doctor that it is safe for you to exercise.

CAROLANN MURRAY, PHYSIOTHERAPIST

Wednesdays 2:00 p.m. – 3:00 p.m.

Art Group

Hone your creative and problem-solving skills as you explore new media and express yourself visually.

CRAIG CURRAH, RECREATIONAL THERAPIST

Mondays 1:30 p.m. – 3:00 p.m.

Chronic Pain Self-Management

Manage chronic pain with comprehensive pain science education and development of practical tools. Sessions focus on different pain-related topics and will involve familiar faces from Casey House's interdisciplinary team. Clients will play an active role in the group with time for guided discussions.

**SAM BARKMAN, REGISTERED NURSE AND
SAMUEL MORRISON, PHYSIOTHERAPIST**

Tuesdays 2:00 p.m. – 3:00 p.m.

Yoga

This is gentle, beginner hatha yoga. Everyone is welcome to slow down, release tension, and increase flexibility, balance and range of motion. Awareness is created through movement and how the body/mind connection can change old habits.

MARY ROSE, YOGA INSTRUCTOR

Wednesdays 1:00 p.m. – 2:30 p.m.

Movie Group

Come explore a wide selection of 2SLGBTQIA+ themed films every week and discuss issues that relate to resilience, activism, community mobilizing, and triumphs within the queer community. Light snacks and refreshments are provided in a fun, interactive environment.

CRAIG CURRAH, RECREATIONAL THERAPIST

Tuesdays 1:30 p.m. – 4:00 p.m.

Women's Strengthening Group

A physical activity class for women geared towards preventing age-related symptoms and promoting optimal mobility and balance. This group will use resistance training to manage and prevent chronic diseases that many women commonly face.

CAROLANN MURRAY, PHYSIOTHERAPIST

Tuesdays 2:00 p.m. – 3:00 p.m.

Drop-In Physical Activity Hour

Address barriers faced by people living with or at risk of HIV to help engage with physical activity. Supervised self-led exercises that will empower participants to develop healthy habits and to eventually transition to exercise settings in the community.

SAMUEL MORRISON, PHYSIOTHERAPIST

Thursdays 11:00 a.m. – 12:00 p.m.

Music Therapy

An inclusive, safe, and creative space to nurture well-being. Sessions include singing, playing, and listening to music, sharing music, song lyric analysis, and songwriting. Everyone is welcome no matter your musical experiences.

DANIEL BEVAN-BAKER, MUSIC THERAPIST

Fridays 10:00 a.m. – 11:00 a.m.

Book Club

Meets weekly to discuss selected literary works. This group is a fun way to connect with others, socialize, and explore various themes. The group will aim to start a new novel every two months.

CRAIG CURRAH, RECREATIONAL THERAPIST

Fridays 11:00 a.m. – 12:00 p.m.

PROGRAM CATEGORIES BY COLOUR

- Physical Activity
- Relaxation and Self-Care
- Arts, Music, and Culture
- Social Group
- Life Skills
- Support Group

Naloxone Training

Get educated on the risks and signs of an opioid overdose and how to respond to it through mock scenarios and practice. A naloxone kit of your choice will be given at the end of the training.

SAM BARKMAN, REGISTERED NURSE

Wednesdays 1:00 p.m. – 2:00 p.m.

Stretch for Mobility & Healthy Movement

Focuses on overall general body mobility and flexibility to improve range of motion, to help prevent and reduce pain, and relieve stress. Participants can choose specific areas of the body to focus on.

BRIAN CLELLAND, MASSAGE THERAPIST

Tuesdays 11:00 a.m. – 12:00 p.m.

Winter Gardening

A chance to connect with nature, be active and get some sunshine as you interact with other clients to tend and harvest a variety of organic greens and veggies in the outdoor rooftop space.

CRAIG CURRAH, RECREATIONAL THERAPIST

Mondays 11:00 a.m. – 12:00 p.m.
Wednesdays 1:00 p.m. – 2:00 p.m.

Changing My Substance Use

Reduce your substance/drug use and the harm caused, by building coping skills, reducing cravings, and identifying the purpose of use and alternative activities that could meet these needs. Participants will be asked to meet with a group facilitator prior to the group starting.

MAYA RICKER-WILSON, CASE MANAGER AND
LIZ CREAL, SOCIAL WORKER

Wednesdays 2:00 p.m. – 3:30 p.m.

Foam-Rolling Exercise Group

Foam rolling is a remedial exercise to increase flexibility and mobility, to reduce muscle tightness and soreness, and to reduce or eliminate pain. This will be a supportive and interactive environment to learn about our bodies and the fundamentals to safely implement foam rolling into one's routine.

SHONA THOMPSON, MASSAGE THERAPIST

Wednesdays 11:00 a.m. – 12:00 p.m.

Long Term Survivors' Coffee Hour

A social and informational drop-in for people who are long-term survivors of HIV. In addition to being a safe space for discussion, activities will be provided for mental stimulation. There will also be information about topics related to aging, such as: HIV and memory changes; aging and mental health; CPP/OAS; and POA/advance directives.

MAYA RICKER-WILSON, CASE MANAGER

Wednesdays 10:30 a.m. – 11:30 a.m.

Housing Stabilization Support Workshop

Receive housing support and referrals to help prevent eviction and other housing issues. Resources will be provided from Community Legal Education Ontario (CLEO), HIV and AIDS Legal Clinic Ontario (HALCO), West Toronto Legal Clinic, Neighbourhood Legal Services and others.

CHARITY MWAURA, CASE MANAGER

Thursdays 3:00 p.m. – 4:00 p.m.

The Healthy Foot Group

Treat yourself to a relaxing Epsom salt foot soak and finish off with moisturizer and a quick foot massage. The space will facilitate socialization and education about foot care.

CHRIS HOLBROOK AND
DENZEL ALABADO, REGISTERED NURSES

Wednesdays 1:30 p.m. – 2:30 p.m.

Gay Men's Discussion Group

A safe space for gay/bi/trans/MSM identified clients to discuss your lives and explore things that bring you meaning. Activities are designed to build a sense of togetherness and trust while sharing experiences and promoting community.

CRAIG CURRAH, RECREATIONAL THERAPIST AND
BRIAN CLELLAND, MASSAGE THERAPIST

Thursdays 10:30 a.m. – 12:00 p.m.

Legal Clinic

Geared towards clients who wish to increase their legal literacy in various areas such as appointing a power of attorney, writing a will, and/or estate planning. Resources will be provided from Community Legal Education Ontario (CLEO), HIV and AIDS Legal Clinic Ontario (HALCO), West Toronto Legal Clinic, Neighbourhood Legal Services and others.

CHARITY MWAURA, CASE MANAGER

Fridays 1:30 p.m. – 2:30 p.m.

Mindfulness Meditation Group

Mindfulness is a type of meditation which focuses on being intensely aware of what you're sensing and feeling in the moment. This group will practice breathing methods, guided imagery, and other techniques to relax the mind and body and relieve stress.

BRIAN CLELLAND, MASSAGE THERAPIST

Fridays 11:00 a.m. – 12:00 p.m.

"Intersections": Trauma, Addictions, Mental Health & Recovery

Intersections provides a unique mental health support group that allows clients to overcome the impacts of trauma and addiction. This group will engage in HIV specific and trauma-informed care that can reinforce the importance of safety in all aspects of life for trauma survivors.

DANIEL PUGH, MENTAL HEALTH CLINICIAN

Thursdays, 1:00 p.m. – 3:00 p.m.

Virtual Mindful Awareness Stabilization Training (MAST) Program

MAST teaches introductory mindfulness and emotion regulation skills that emphasizes psycho-education and meditation practices. The group aims to reduce isolation and build resiliency through new skills that can help with managing emotions, pain, grief, trauma, stigma, and stress.

DANIEL PUGH, MENTAL HEALTH CLINICIAN

Mondays 1:30 p.m. – 3:00 p.m.

VIRTUAL GROUP

PROGRAM CATEGORIES BY COLOUR

- Physical Activity
- Arts, Music, and Culture
- Life Skills
- Relaxation and Self-Care
- Social Group
- Support Group

SIGN-UP FOR GROUPS with DHP program assistant Shereena at 416-962-4040 ext. 2000 or shoosein@caseyhouse.ca.

Sometimes things change, visit the Day health program page on Caseyhouse.ca for the most current calendar.