



PROGRAM CALENDAR

September-October, 2026

*Most program activities will start during the week of September 8 to September 10, 2026. Please refer to the program activities for more details!

Thrive Location



Thrive address:

300-1338 West Broadway (3rd floor)

Vancouver, BC V6H 1H2

Phone: 604-876-0773

Email: thrive.registration@opendoorgroup.org

Hours of Operation:

Monday & Friday | 9:00am – 4:30pm

Tuesday, Wednesday & Thursday | 9:00am – 6:00pm

Convenient Parking Solutions:

- Free Parking: Available on Birch St., Alder St., 7th Ave, 10th Ave, and Hemlock St.
- Nearby Parkades: Rates range from \$7.50 to \$13.
- Metered Parking: Located on 8th Ave and Birch Str.
- Handicap Parking: Vehicles displaying a SPARC sign may park in designated residential areas for up to 3 hours.

Table of Contents

Thrive Location- Page 1

Special Events- Page 2

Leisure- Page 3

Mental Health
Management - Page 5

Physical Health &
Wellness - Page 6

Social Skills - Page 7

Community
Connections - Page 7

Youth & Young Adults
(Aged 17-26) - Page 8

Drop in Sections; Program
Registration - Page 9

Special Events

We'd love for you to join our limited-space special events. Please ensure you've attended our programs within the last four months to participate in these events!

Sept 15

2:00pm

BLOEDEL CONSERVATORY OUTING

Explore a beautiful indoor tropical garden filled with exotic plants, colorful flowers, and free-flying birds. You can stroll through the conservatory at your own pace, enjoy the peaceful surroundings, and connect with others along the way. Come enjoy a relaxing afternoon surrounded by nature!



**Sept
10&Oct 8**

3:30pm

PAWSITIVE GET TOGETHER

Join us for Pawsitive Get Together—a relaxing group walk with two friendly dogs - Cooper and Teddy. Enjoy fresh air, gentle movement, and the company of other Thrive members and dogs.
Where: SeaWall



Oct 29

3:00pm

PUMPKIN CARVING EVENT

Join us for a fun and festive Pumpkin Carving Event! 🎃 You can carve and decorate your own pumpkin, get creative with your design, and enjoy some Halloween fun in a relaxed and welcoming atmosphere. Pumpkins and carving supplies will be provided, and you can take your finished pumpkin home with you.



**Most Programs start the week of Sept 8- Sept 10.
Unless otherwise specified.**

New participants welcome! We are accepting new intakes during this time. Our intake form is available on our [Open Door Group THRIVE Website](#).

Leisure

Jewelry Making

Mondays 11:00am – 12:30pm (Thrive Office)

Program starts October 5th

Join this fun jewelry making group to learn how to make various pieces of jewelry. Experiment with a diverse selection of materials, including beads, gemstones, metals, and findings, to bring your artistic vision to life.

Peer Led: Dungeons and Dragons

Wednesday 1:00pm – 3:00pm (Thrive Office)

Curious about Dungeons & Dragons? This beginner-friendly session walks you through how the game works, from creating a character to rolling dice and shaping an adventure through teamwork and imagination. Learn the basics, ask questions, and jump into a fun, story-driven experience—no experience required, just a willingness to explore and play.

NEW: Beginner Singalong/ Karaoke

Wednesdays 11:00am – 12:30pm (Thrive Office)

For anyone who enjoys music but feels nervous about singing in front of/with others. No experience needed, just openness to try something new in a safe, supportive space. Together we'll create connection, laughter, and belonging as we sing pop and rock favorites.

Community Exploration

Mondays 3:30pm-5:30pm (Thrive Office)

Start September 14th

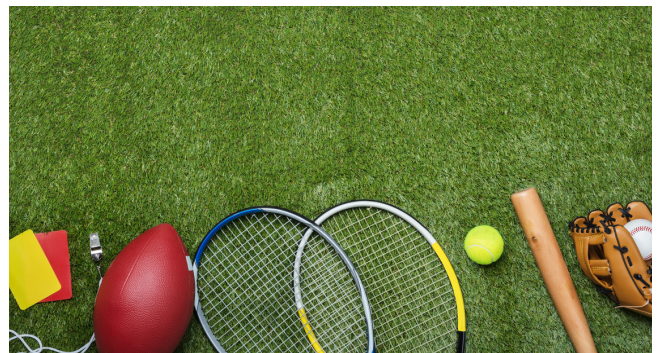
Get out into the community, discover new places, and learn about free and low-cost activities, programs, and food resources available to you!

Through leisure community exploration, you'll learn how to find and access local activities and organizations that match your interests. You'll also have opportunities to attend community events, visit new places, try new experiences, and connect with other

Fall Crochet

Thursdays 1:00pm-2:30pm (Thrive Office)

Are you looking for a new way to express your creativity? Why not try crocheting—a fun activity. The art of crocheting is a lifelong skill that you will be able to use to make beautiful gifts and items for your home or wardrobe. In this class you will learn basic stitches and build on with more advanced basic stitches. No experience necessary.



Leisure (cont.)

Creative Writing - Journaling **Wednesdays 3:00pm-4:30pm (Thrive Office)**

Have you wanted to do some writing but find it hard to get started? Looking to spark your creativity? Join our hands-on program with fun, in-class activities to get your creative juices flowing. No writing experience needed!



Empowering Arts **Wednesdays 12:30pm-2:00pm (Thrive Office)**

This program focuses on building self-confidence through art. In this program you will have the opportunity to use your drawing and creative skills to empower yourself and gain more confidence. This class is for everyone who would like to express themselves through Art.



Color and Connect **Thursdays 11:00am – 12:30pm (Thrive Office)**

Join other peers in this creative social program. Colour & Connect is for everyone who would like to practice social skills, connect with other peers while enjoying the art of colouring, drawing and creation.



Trans and Queer Group **Tuesdays 3:00pm – 4:30pm (Community)**

This inclusive program is designed for queer and trans people to experience mutual support, joy, and a celebration of our diverse identities.

Come to this trans-led program where we'll socialize, learn about other community resources, discuss shared experiences, and get out in the community. Together we can cultivate a sense of belonging you can take with you outside of the Thrive program.

Ukulele Alumni **Mondays 1:00pm-2:30pm (Thrive Office)**

Have you participated in our ukulele for Beginners workshop in the past and would like to continue practicing with fellow peers. Then this group is for you. It is a peer led group that will bring you a lot of joy.

Leisure (cont.)

Discover The Art of Origami **Thursdays 3:30pm – 5:00pm (Thrive Office)**

Origami is the traditional Japanese art of paper folding—transforming a simple sheet into intricate shapes like animals, flowers, and more. But it's more than just craft—it's a calming, creative way to practice mindfulness and boost focus. setting. No experience needed.



Mental Health Management



Stress Management: Finding Balance **Fridays 3:00pm- 4:30pm (Thrive Office)**

Everyone experiences stress at some point in their life. If there are many stressful moments in your daily life and you don't know how to handle them, this program is for you. You will learn about various coping strategies that can help deal with stressful situations and increase your wellbeing.

Unstuck: Managing Worry and Rumination **Thursdays 11:00am-12:30pm (Thrive Office)**

In this discussion-based program, participants will learn coping skills and strategies to 'Master Your Worries'. This workshop is designed to provide you with information about chronic worrying and generalized anxiety, and offers strategies designed to improve general health and wellbeing.

Building Resilience **Tuesdays 1:00pm- 2:30pm (Online)**

"Resilience is the ability to navigate difficult times. It is a personal journey, unique to each of us. We can build resilience by understanding how self-efficacy, humour, adaptability, connection to others, and optimism work together. We will explore how to see change as a challenge and strengthen our ability to cope with stress, so we can emerge from adversity stronger.

Physical Health & Wellness



Gym Orientation

Fridays 11:00am – 1:00pm (Mt. Pleasant C. Center)

Want to learn about exercising the gym and how to build a healthy wellness habit? This program will explore working out in the gym safely, and provide guidance on how to build a sustainable wellness routine. Learn, grow, and build confidence in your ability to move your body in ways that make you feel good.



Eat Well, Stay Well - All about Nutrition

Fridays 1:00pm– 2:30pm (Thrive Office)

Boost your health and well-being with the Eat Well, Stay Well Nutrition Program! This engaging program is designed to help you make informed food choices, create balanced meals, and develop sustainable habits for a healthier lifestyle.



ABC Fitness - Active and Strong

Mondays 11:00am – 12:30pm

(Trout Lake Community Center) Starts September 14th

Join this fun community program led by an experience fitness coach. This program includes resistance training using body weight, various equipment and exercises that help improve flexibility and mobility.



Meditation and Mindfulness with John

Fridays 1:00pm – 2:00pm

(Online)

This online new workshop is facilitated by John Buchanan, an experienced yoga and meditation teacher. John has completed more than 1500 hours of study in yoga philosophy, Tibetan Heart Yoga, Buddhist philosophy, and meditation. He is passionate about helping others to discover the true nature of their minds through stillness, insight and compassion meditation.

<https://www.meditationwithjohn.com/>

Physical Health & Wellness (cont.)



Running for Beginners

Thursdays 11:00pm – 12:30pm (Seawall)

This Running Group is for everyone who wants to get running, enjoy the company of others and have fun. Running has great benefits for our physical and mental health. It helps decrease our stress levels and boost our mood. Accept a new challenge and join this fun group. Previous Running Group runners are welcome.



Community Gardening - Learn How to Winterize Garden

Mondays 11:00am – 12:30pm

(Elizabeth Rogers Community Garden)

September Only

Get your garden ready for the colder months!

🌱🍂 Learn simple, practical ways to winterize a garden while enjoying some fresh air and connecting with others at the Elizabeth Rogers Community Garden.



Tai Chi

Fridays 11:00am – 12:30pm (Thrive/ VanDusen Gardens)

Tai Chi is a gentle form of exercise that uses slow, flowing movements and focused breathing. In this beginner-friendly workshop, a recreation therapist will guide participants through simple Tai Chi movements to support relaxation, balance, and emotional well-being. This group is open to new and past group members.



Building Walking Habit

Wednesday 11:00am – 12:30pm (Seawall)

We all know that walking is so important, but it can be hard to find motivation to do it. Join our leisurely walking group to commit to your health, socialize and get into the habit of regular walking. We will be setting goals, doing check ins, and supporting one another.

Social Skills

Assertiveness: Build Assertive Communication Skills

**Tuesday 11:00am – 12:30pm
(Thrive Office)**

Learning to be assertive takes time and practice but ultimately it helps reduce stress and increase confidence. In this dynamic and interactive session, participants will learn essential skills to communicate confidently, set boundaries, and advocate for themselves effectively.



Making Connections

**Thursdays 2:00pm – 3:00pm
(Thrive Office)**

Do you struggle to connect with others and feel that you need to improve your social skills? In this program you can learn about how to make conversations, read body language and meet new people and make friends with them. This program is full of practical ideas and fun activities.



Thrive Community Connections

Thinking about Work: A Guided Exploration

Mondays 3:00pm – 4:30pm

(Thrive Office) Starts September 14th

Thinking about getting back to work? This hands-on workshop helps you explore your interests, strengths, and values. Each week includes guided assessments and activities to help you discover meaningful career paths. You'll also learn the steps to get there. Computer access is helpful.



Youth & Young Adults

YAS - Young Adult Social (Ages 17-26)

**Tuesdays 3:00pm-4:30pm
(Community)**

Come have some fun and enjoy community outings while working on your interpersonal skills and social skills. Join this fun social program where you can meet with peers in encouraging group atmosphere, attend outings in the community and have candid conversation with others.



Avocado Collective (Ages 27-35)

**Wednesdays 3:00pm-4:30pm
(Thrive Office/ Community)**

Have you heard about Avocado Collective? It's a fresh program designed for those of us who are right on the edge between millennials and Gen Z. If you're navigating your mental health journey and feel like everyone else is sprinting ahead in their careers and relationships, this is the perfect group for you. Connect with others who understand exactly what you're feeling.



Avocado Collective Alumni (Ages 27-35)

**Wednesdays 3:00pm-5:00pm
(Community)**

A welcoming space for millennial graduates of the Avocado Collective to stay connected and continue supporting one another. Whether you're still finding your footing with mental health, careers, or relationships, this community brings you back to people who understand your pace and your journey. Join this group full of fun and outings.



Drop-in & Peer Programs

No registration required for Thrive members. Just come and enjoy!

Peer-Led Walking Groups - Mondays/Fridays (Various locations and times)

These peer-led walking groups are for anyone who is interested in building a regular walking habit. The groups are social and supporting and open to any Thrive members. **Please speak to your Recreation Therapist for more information and details.**

Creative Connections - Art Drop-In Fridays 2:30pm – 4:30pm (Thrive Office)

Drop-in, get creative and connect with others. You can work on new art project or on finishing your program projects. Program supplies for watercolors, acrylic painting, needle felting, paint by numbers and more, are provided.

Social Games Thursdays 3:00pm – 5:00pm (Thrive Office)

Join us for an engaging social gathering where Thrive members come together to enjoy board games and a variety of other entertaining activities. Our inclusive group is open to everyone seeking interactive fun and a vibrant social atmosphere.



How to Register for Programs:

- Choose a program based on your goals. **Maximum of 2 programs per term.**
- Respond to **thrive.registration@opendoorgroup.org** and cc your recreation therapist. Schedule an appointment to discuss your goals and program registration.
- Once you are registered for a program, you will receive program reminder and additional information regarding the location of your program via email.



STAY IN TOUCH!



www.opendoorgroup.org



thrive.registration@opendoorgroup.org



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This document has been designed to meet WCAG 2.0 standards and guidelines, albeit with some limitations. To provide suggestions on how we can enhance this report, please send your feedback to info@opendoorgroup.org.