

Thrive 2025 Transcript:

And life threw me life, you know, and that came with a lot of changes.

I all of a sudden just stopped doing everything. It was like I was always doing, you know, active stuff and I went to like not even leaving the house and that lasted for years.

Because I was very introverted and I kind of isolated to begin with, I didn't like humans.

I wasn't open about my mental illness and I felt like I was holding this secret. Instead of getting help and support, I was hiding and that wasn't helpful for me at all.

When I contacted Thrive, I was possibly lower than I've ever been in my life and I didn't know what to do.

When I sort of felt like I was coming out of it and then I thought, okay, I'll just take one class at that open door.

When I first started with Thrive, it was just giving me the routine, to come somewhere. and have the group to go to. That routine gave me out of bed when I was dealing with depression - that was it.

There are two streams at Thrive, recreation therapy and the employment stream. This is very unique about Thrive. It's purposeful. It's helping people towards goals and people feel welcome.

I was apprehensive about it at first, but once I did it, I felt safe and what I said was valued and I could trust the people there.

It doesn't have to happen all at once. So when I meet people that are just starting out their first session, I'm like, just give yourself time.

Recreation therapy always takes clients where they are at. They work collaboratively together to set goals.

Short term, long term, and at the time my goal was to get out of the house. Get up, get dressed, get out of the house.

Just the thought of doing a 10K run when I signed up for running. I did the 10K run with only two two-minute breaks. Yeah, I couldn't believe it.

I believe I've been paddling - almost 10 years with the team. And then doing that, you know, having that time with other people, in that sense of community and connection in a world that can feel very isolated.

Towards the end, they have all these new skills that they have learned, that they are able to transfer into employment, into being a good volunteer in the community or giving back as a peer support worker, for example, as well.

They took me and figured out what my skill set was and what my interests were and what my background was and how I struggled with mental illness and all those things together - to design a program that was going to work for me.

All the programs build on each other. You don't have to be perfect. You don't have to do it all alone. And you don't have to get it right the first time. It builds.

A very challenging journey, but I feel it's always been in the forward direction at my own pace. I'm now in the practicum of peer support work and looking at a possibility, which I never thought I would.

Many of the individuals who went through this program, they have really seen tremendous improvement in their skills and their confidence.

And now I'm part of the peer support training. It's something that's a goal that I've wanted in my life to become a peer support worker. And they're helping me walk that path.

Holding possibility. Like sometimes I've not been able to have a view of what would be possible. They can see that vision when I'm not strong enough to hold that vision. It's been really quite amazing.

Everybody who went to walk through that door is so kind and so helpful that you'll wonder why you didn't come earlier.

If you feel like you can do nothing else right now, pick up the phone and call Thrive. And you have no idea what can be waiting for you.

I really can't say enough about this place. The changes I've seen in myself, the way they've helped me with the classes.

It is life changing.