



COMMUNITY, POSITIVITY AND CONNECTING YOUTH

MAY 2025

Community Workshops Descriptions for Minds Matter 2025

(1) Bigger Things Project: Sarah Johnson, Founder

Instagram: [biggerthingsproject](https://www.instagram.com/biggerthingsproject)

Workshop Overview: “Make it Real”

For the 40-minute workshop, I'll be leading students through an engaging, interactive session focused on managing stress, overcoming anxiety, and boosting confidence. The session will start with a **Fear Challenge** to push students outside their comfort zones and show them they can do more than they think. Next, we'll dive into **Mindset Hacks** to help them recognize and break free from the negative thought patterns that hold them back. Then, I'll teach them powerful **breathing techniques** used by top performers to stay calm and focused under pressure. Finally, students will leave with a **Fear Action Plan**—a simple, actionable blueprint to help them take bold steps without second-guessing themselves.

(2) Credit Valley Conservation – Nature Walk – Ally/Sanda

<https://cvc.ca/>

Participants of the nature walk can expect to observe and learn about the species that reside in the Credit River Watershed, including fun facts, species identification tips, and more! The nature walk will showcase the beauty and importance of nature and will encourage participants not only to spend more time outdoors, but also to take action against climate change to help preserve our local ecosystems.

(3) Erin Wellness Core.

<https://www.erinwellnesscore.ca/>

Why Does My Body Hurt When I'm Stressed? Understanding the Mind-Body Connection"

- The premise and goals of this workshop is to help students understand how mental health affects physical health, and vice versa.
- Tools during the workshop will be provided to help manage stress and pain and we will encourage open conversations about emotions and body
- The biopsychosocial model of care will be introduced in a relatable way



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(4) Introduction to embroidery beadwork, Alex Hall

Using small glass seed beads stitched onto a felt backing to create a design. A method of beadwork common and culturally significant in many Indigenous cultures across Turtle Island, similar to some forms of European and Asian beadwork. A meditative way of creating art that has greatly supported my management of stress and anxiety. The historical and cultural significance of beadwork and other art forms like it can be a means of connecting to culture and past generations. Beadwork in this style reinforces or introduces basic needle work skills and can support important life skills like hand sewing.

(5) Theatre Tech – Century Church Theatre (Robert Bell, Deb Flair and Erin Montgomery)

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

Get a High-Tech job in the land of make-believe.

Did you know you can earn a healthy living bringing productions to the stage even if you've never desired to be a thespian? Backstage talents are needed in stage management, set, lighting and sound design, prop building and costuming. Whether it be in local theatre for competitive rates or in larger city centres working under a union umbrella, nothing beats the comradery of making magic and hearing the audience gasp and laugh. Come learn from volunteers at Century Church Theatre, based in Hillsburgh, about what it means to "call a show", how to build props and paint sets, stage mechanics and lighting and sound design.

(6) Erin Fitness, Christine, Sierra and Bob. <https://www.erinfitness.com/>

Ready to blow off some steam, get energized, and have fun? Join the team at Erin Fitness in the gym for an upbeat **Circuit Training + Kickboxing** session; this dynamic workout blends strength, cardio, and some kickboxing drills to help you feel strong, focused, and stress-free. No experience? No problem! This is all about moving your body, having fun. Whether you're a fitness pro or just getting started, you'll leave feeling empowered and refreshed.

(7) Brighten Up, Chris Bailey <https://brightenuptoysandgames.ca/>

That's Not A Hat Ages 8+ (3-8 players)

Wrap and regift objects in this deceptively simple card game of having the world's best memory... or convincing everyone you do! Was that gift a hat, a bucket, or a traffic cone?! Play this "unforgettable" bluffing game with friends and family for fun, laughter, and a dash of madcap mayhem. Here's the game: <https://brightenuptoysandgames.ca/products/thats-not-a-hat>



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(8) Inspire Counselling, Nicole Odelle Morrison

<http://www.inspirecounselling.ca/>

Game On: Master Your Mindset for Performance & Teamwork

Join Nicole Odelle Morrison, Registered Social Worker and Coach from Inspire Counselling and Coaching, for a high-energy, interactive workshop designed to help young athletes level up their mindset — both for personal performance and stronger team connection. Through keeping-it-real conversation, practical tools, and hands-on activities, participants will learn how to harness the power of intention, shift unhelpful thought patterns, and show up as their best selves on and off the field. This session is all about unlocking confidence, building trust within teams, and using mindset as your greatest advantage in sport and life.

Bio:

Nicole Odelle Morrison is a Registered Social Worker and Coach who helps youth build confidence, connection, and mindset skills they can use both on and off the field.

10. Dufferin Foraged Inks - painting with nature, Fabienne Good

Instagram: [@dufferin_foraged_inks](https://www.instagram.com/dufferin_foraged_inks)

Brief description: In this hands-on workshop, students will learn how plants, nuts and berries from our local environment can be harvested and turned into ink. Students will explore these unique inks while creating a unique artwork - similar to watercolour painting. The goal is to offer a creative environment where students can reflect, reset and learn how nature can be both a source of expression and a tool for stress-relief.

Students will be encouraged to slow down, observe closely and reconnect with the natural world. This workshop isn't just about making art - but rather about discovering that beauty and inspiration exist all around us, often in overlooked places. By tuning into seasonal shifts and everyday plants, students will hopefully leave with new perspectives - as well as ide