

RISE Community Groups and Workshops

For info or to register:

- email info@cnh.bc.ca
- call Collingwood Neighbourhood House at (604) 435-0323
- Or ask a RISE staff member

Spots are limited. Registration required.

All About RISE Community Health Centre

Resilient, Integrative, Socially Just and Equitable: Find out who we are, what a community health centre is, the services we offer, and how to get connected

Virtual workshop

Info session for service providers: April 8 at 10:30

Info session for everyone: June 17 at 11:00



What is Counseling?

Everyone needs support sometimes: learn about counseling and how to access it

Virtual Group. Dates and times TBD

Please contact us for more info



Healthy Back & Spine Workshop (in-person)

How to manage back pain, exercise and stretch to make your back muscles "bulletproof" for all life's activities

April 28th at 2:00

This workshop is for adults of all age groups, participants should feel comfortable doing squats and stretching on a mat on the floor



Exploring Stress Through Art

Sometimes, we can't find the words to describe how we're feeling - join us for an art therapy experience to reflect and work through stress with imagery, metaphor, colours, and shapes

Virtual Group. Dates and times TBD. Please contact us for more info. No previous art experience necessary.



Healing In Community: Newcomers

Explore the challenges and strengths of being a newcomer to Canada. Discuss the language barrier, isolation, missing home, adapting to a new culture, finding a job, and coping with stress with other newcomers in a nonjudgemental environment

Virtual Group. Dates and times TBD

Please contact us for more info

Hablamos Español!



Gender Journeys Group for Youth

Support group for youth aged 16-23* exploring their gender identity and expression. Get informed, find support, and build community

Saturdays from May 1 to June 5, 1:00-2:30. Virtual Group

**Don't fit the criteria? Get in touch anyway and we'll let you know about future groups!*



Navigating the BS (Bureaucracy and Services)

Struggling to find housing, childcare, affordable dental care, or a way to age with dignity in the community? **You're not the only one.** Accessing government supports can involve a lot of BS! Connect with other folks in the same struggle and get support filling out applications and paperwork to get the services you need!

Virtual and in-person

April 1, 10-11: Navigating the Housing Crisis

April 22, 10-11: Daycare 101

May 6, 10-11: Healthy Mouth, Healthy Body

May 20, 10-11: Aging in Community

