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Canadian Mental
 Health Association
 Waterloo Wellington



SELF HELP &
 PEER SUPPORT
 Spark of Brilliance

Spark of Brilliance Special Edition

15 Days of Creativity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Winter Spoken Word with Kass 3:00-5:00 p.m. Part One	5
6	7 Scandinavian Gift Toppers 1:30-3:30 p.m.	8	9 Crochet 101 & Headband with Denise 2:00-4:00 p.m. Part One	10 'A Social Life – Social Media Depression' With Iman Fun & Easy Winter Watercolour 6:00-8:00 p.m.	11 Winter Spoken Word with Kass 3:00-5:00 p.m. Part Two	12
13	14	15 Write Brain Word Play 1:30-3:30 p.m.	16 Crochet 101 & Headband with Denise 2:00-4:00 p.m. Part Two	17 The Book of Me – Memoir Series Intro 1:30-3:30 p.m.	18 Winter Scene Luminary Card with Denise 2:00-4:00 p.m. Winter Spoken Word with Kass 3:00-5:00 p.m. Part Three	19
20	21 CELEBRATE!!! 6:00-8:00 p.m.	22	23	24	25	26
27	28	29 Watercolour Snow Globes 1:30-3:30 p.m.	30 Year Ahead - -Year Behind 1:30-3:30 p.m.	31		

Spark of Brilliance Workshop Details
SPECIAL EDITION DECEMBER 2020

To register for a workshop, please email Marcey Gray at mgray@cmhaww.ca. Please note the registration deadlines for each workshop. Login information will be sent to you prior to each workshop.

Winter Spoken Word with Kass: Imagine if you will, that you are an excited snowflake, a trepidatious elf, or a clumsy reindeer. Perhaps you are snowman with a stutter? Learn all the ins and out of spoken word poetry while evoking the spirit of a winter character! Our three spoken word workshops will culminate in a virtual LIVE performance of the poetry we create, at the “Let’s Celebrate” event! Please register by December 3. Please be sure you can attend all three sessions before registering.



Scandinavian Style Gift Toppers: It is gift wrapping time! With the help of Irina Trzaskos and Skillshare we will be making gift toppers in Scandinavian folk style, which are cozy, simple and bright. They can also be used for making cards. The workshop is designed for artists and crafters of all levels. Supply kits will be provided at no cost to those who require them! Please register by December 2. If you require a kit of supplies to be delivered to you, please include your address and phone number. Pick up will also be available.



Crochet 101 & Headband with Denise: Have you ever wanted to learn how to crochet, step-by-step? Here’s your chance. In this workshop, you will learn all the basics of crochet— about yarns; chain stitch; single, half double, double, and triple crochet, and how to read patterns. After you have learn all of those skills, you will be able to make a headband in workshop #2! Required supplies: For practice: US Size H (5.00 mm) crochet hook and worsted- weight yarn Universal size# 4 - a smooth not lumpy or fuzzy yarn (acrylic is best to start out with). For Headband: US Size M (9.00 mm) crochet hook and one skein of Super Bulky weight yarn - Universal size #6 approx 100 g skein*** **Supply kits will be provided at no cost to those who require them! (The colour of yarn you receive will be randomly selected.) If you require a kit of supplies to be delivered to you please register before Wednesday December 3. If you have the required supplies, please register before Tuesday, December 8.



‘A Social Life – Social Media Depression’ With Iman : Spark of Brilliance and Iman Grewal, Self Help & Peer Support / CMHA Entrepreneurship Facilitator and Film Programmer for the Toronto International Film Festival, invites you for a special screening and panel discussion of the award winning mental health short film called ‘A Social Life – Social Media Depression’. The event will start with a brief introduction by Iman. We will cover some house rules and follow with the screening, panel intro, discussion and a Q & A. The panel will consist of two a social media expert and a mental health expert who will discuss the affects of social media and mental health, how the film has presented this topic, tips, and resources. Register any time.



Fun and Easy Winter Watercolour: With the help of Sharon Stevens and Skillshare, we will paint five fun and simple winter projects in watercolour: a gingerbread man, a mug of cocoa, a cute little penguin, a garland with three hanging stockings, and a bauble. This class is great for beginners if you want to spend some time practicing with your watercolours or if you just want to paint something festive or wintry! Please register by December 4. If you require a kit of supplies to be delivered to you, please include your address and phone number. Pick up will also be available.



Write Brain Word Play: You're seated at your desk, fingers poised and ready to start writing, but...the words aren't coming. The blank page strikes again! Never fear! If you are battling writer's block or you are just looking for new ways to flex your creative writing muscles, the Write Brain workshop will make sure you always have words to play with! No experience necessary! All you need is a pen, paper, and curiosity! Please register by December 14.



Book of Me – Memoir Series Intro: In this introduction, we will be discussing what memoirs are and their purpose, and begin writing what will be a year long project to create your very own memoir. Participants are welcome to come and go through the series as they are able and will be provided with materials needed in order to stay caught up! All that is required for this workshop is a pen and paper and a desire to write your story! Register any time!



Winter Scene Luminary Card with Denise: For this workshop, with the help of Denise and the Dreaming Tree "Winter Card Box" we will be making a winter themed card that can also be used as a decoration to decorate your home! Supply kits will be provided at no cost! Please register before December 11. A kit of supplies will need to be delivered to you so please include your address and phone number. Pick up will also be available.



LET'S CELEBRATE!!! To wrap up our 12 15 Days of Creativity, you are invited to participate in a C E L E B R A T I O N! We will be entertained by the spoken word artists who participated in our workshop series, see artwork created throughout the month, and participate in a round of Christmas-themed trivia! We might even have a carol or two! Make sure to come dressed up—either "to the nines", in your favourite ugly Christmas sweater, or as your favourite holiday character! Login information will be sent out to all participants prior to the celebration.



Watercolour Snow Globes: With the help of Sharone Stevens and Skillshare, we will be learning how to paint snowglobes! Everyone is welcome, but knowing simply watercolour basics will help! Supply kits will be provided at no cost to those who require them! Please register by December 15. If you require a kit of supplies to be delivered to you, please include your address and phone number. Pick up will also be available.



Year behind – Year Ahead: In this workshop we will unpack this years events focusing on lessons learned and positive aspects, in order to move forward into a new year in a way that highlights wellness, goals, and recovery. Please register any time before the workshop. All you need for this workshop is a pen and some paper.



MERRY

NICHRISTMAS