



CMHA Kelowna is working on a new initiative called Discovery College: an educational approach to increasing knowledge, skills, abilities and confidence to manage challenges like stress and anxiety to empower anyone to discover what is possible and pursue their aspirations.

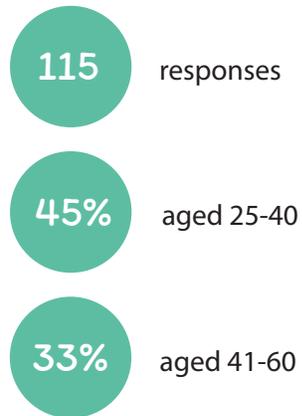
The model, widely known as Recovery College, is popping up all over the world, with over 80 operating in the U.K. where the first opened in 2009. Here in Kelowna, we are striving to learn both from what is working well elsewhere and also what will fit our needs locally.



A Local Snapshot

Throughout January - April 2019, we received information, ideas, and feedback from over 150 people through focus groups, interviews, a co-design event, and a survey.

Highlights of Survey Data



Thanks to the level of local community engagement and research, the vision of Discovery College is taking shape. Here are the priorities we've heard from you:



Top 3 Challenges People are Facing:

- Stress
- Anxiety
- Worry about the future



Top 3 Skills to Manage Challenges:

- Mindfulness
- Emotional regulation
- Resiliency

Competencies



Discovery College courses will aim to build knowledge, skills, and abilities in:

- Mindfulness (intention and awareness)
- Self Acceptance (self compassion and self-worth)
- Emotional regulation (coping, managing, balance)
- Empathy (relating to others and being in relationship)
- Communication (listening, expressing yourself, finding your voice, being heard)
- Learning (lifelong learning, staying open to new ways of knowing)

