

AUGUST 2026 - MODULE 6

SELF ESTEEM & CONFIDENCE

WEEKLY DROP-IN SPACES

COFFEE & CHECK-IN ★

Coffee, chat, or just exist — no pressure.

TANGLED UP IN THREAD ★★

Knitting, crochet, and slow creativity.

DIAMOND PAINTING ★★

Quiet, calming, and focus-based.

CRAFTERS & COFFEE ★★

Simple crafts and easy connection.

BACKYARD & BANTER ★★

Fresh air, conversation, and community.

GAMES & GROUP FUN

MELLOW MONDAY BINGO ★★★

Fun, connection, and light competition.

UNO / SKIP-BO ★★

Relax, laugh, and connect over card games.

BUILD-A-HUMAN ★★★

Explore identity through creativity and teamwork

THE BREAKFAST CLUB MOVIE ★★

Reflect on identity, stereotypes, and belonging.

FRIENDSHIP SPEED DATING ★★★★★

Practice conversation with different people.

CREATIVE WELLNESS

PANTRY MEAL PREP ★★★

Cook together while building everyday life skills.

VISION BOARD ★★

Create a visual reminder of your goals, dreams, and the life you're working toward.

SELF-PORTRAIT, MY WAY ★★★

Express who you are beyond labels through creative self-expression.

M.I.N.D. LEARNING SPACES

IDENTITY & SELF-DISCOVERY ★★★

Identity Beyond Labels • How Labels Shape Identity • Unmasking the Real Me

SELF-ACCEPTANCE & COMPASSION ★★★

I'm Allowed to Feel This Way • Journey to Self-Acceptance • From Inner Critic to Inner Coach

CONFIDENCE IN ACTION ★★★

Loud Thoughts, Quiet Trusts • Getting Stuff Done • Adult Survival Guide

SPECIAL EVENTS

ERGON CARNIVAL ★★★★★★

Celebrate summer with games, food, prizes, and community.

KARAOKE ★★★★★

Build confidence, cheer each other on, and have fun through music.

RANDOM ACTS OF KINDNESS ★★

Spread kindness through simple actions that brighten someone else's day.

FIND YOUR COMFORT ZONE

Use this guide to choose activities that match your comfort level. Need help finding your fit? Ask a team member — we've got you!

★★★★★★ JUMP RIGHT IN

High-energy, lively, and interactive.

★★★★★ STRETCH YOURSELF

More participation and social interaction.

★★★★ FIND YOUR RHYTHM

A balanced mix of learning and connection.

★★★ EASE INTO IT

Gentle activity with light conversation.

★ TAKE IT EASY

Quiet, calm, and low-pressure.

QUICK GUIDE

 Weekly Drop-In Spaces

 Games & Group Fun

 Creative Wellness

 M.I.N.D. Learning Spaces

 Special Events

 Sign-Up Required

NEW!

 (506) 857-0014

 hello@ergoninc.ca

 www.ergoninc.ca