



Any Questions? Please E-mail us at [mysecondhome@caritas.ca](mailto:mysecondhome@caritas.ca)  
Or call us at 416-748-9988

# April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Health and Loneliness Part 2	<b>3</b>  <b>10:00</b> Communication Skills Series  <b>1:00</b> Understanding Ourselves: Acceptance	<b>4</b>  <b>10:00</b> Self Talk Part 2  <b>1:00</b> Mindfulness & Meditation	<b>5</b>  <b>10:00</b> Expression to Heal: Telling My Story Series  <b>1:00</b> Emotional Eating: Challenge the Food Police	<b>6</b>  <b>10:00</b> Coping with Anxiety  <b>1:00</b> Art Therapy
<b>9</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Health and Loneliness Part 3	<b>10</b>  <b>Program Closed</b>	<b>11</b>  <b>1:00</b> Setting Healthy Boundaries  <b>1:00</b> Journal Workshop: Self-Compassion	<b>12</b>  <b>10:00</b> Expression to Heal: Telling My Story Series  <b>1:00</b> Diane Circle Dance	<b>13</b>  <b>Outing:</b> Ceramics Workshop <i>Pre-registration required</i>
<b>16</b>  <b>Program Closed</b>	<b>17</b>  <b>10:00</b> Communication Skills Series  <b>1:00</b> Music Therapy	<b>18</b>  <b>10:00</b> Setting Healthy Boundaries part 1  <b>1:00</b> Mindfulness & Meditation	<b>19</b>  <b>10:00</b> Emotional Eating: Challenge the Food Police  <b>1:00</b> Laughter Yoga	<b>20</b>  <b>10:00</b> Communication Skills: Reflecting  <b>1:00</b> Art Therapy
<b>23</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>10:00</b> Anger Management Part 1	<b>24</b>  <b>Outing:</b> Group Volunteering	<b>25</b>  <b>10:00</b> Setting Healthy Boundaries part 2  <b>1:00</b> Journal Workshop: Non-Judgment	<b>26</b>  <b>10:00</b> Automatic Thoughts  <b>1:00</b> Diane Circle Dance	<b>27</b>  <b>10:00</b> Understanding Ourselves: Recognizing our Assets  <b>1:00</b> Art Therapy
<b>30</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Anger Management Part 2				

*During the times in between group sessions, My Second Home acts as a drop-in self-care space. Participants can work on creative endeavours, engage socially with others, or even take time to themselves or request a one-on-one with the Mental Health Program Coordinators.*

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