



Any Questions? Please E-mail us at mysecondhome@caritas.ca
Or call us at 416-748-9988

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Music Therapy 1:00 Group Volunteering * PROGRAM WILL END LATE TODAY	2 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	3 10:00 Understanding Ourselves: Attachment Styles 1:00 Poetry Workshop	4 10:00 Understanding Ourselves: The Wise Mind 1:00 Art Therapy
7 PROGRAM CLOSED TODAY	8 10:00 Understanding ourselves: Self Talk 1:00 Movement & Meditation	9 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	10 10:00 Self Esteem Activity 1:00 Thinking Patterns that Cause Anxiety	11 Outing 10:00 McMichael Art Gallery <i>*Pre-registration Mandatory</i>
14 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Depression Trap	15 10:00 Mental Health Creative Writing Workshop 1:00 Movement & Meditation	16 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	17 10:00 Building Self Esteem 1:00 Self Improvement Workshop	18 10:00 Family Dynamics: Birth order Series 1:00 Art Therapy
21 10:00 Weekly Check in & Goal Setting 1:00 Guest Speaker: Authentic Self Discovery	22 10:00 Setting Boundaries 1:00 Movement & Meditation	23 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	24 10:00 Mental Health Nutrition 1:00 Women's Group: Relationships	25 10:00 Self-Acceptance 1:00 Art Therapy
28 10:00 Weekly Check in & Goal Setting 1:00 Six Steps for Mindful Living	29 10:00 Documentary Series: Speaker Reel 1:00 Movement & Meditation	30 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	31 10:00 Journal Workshop 1:00 Personal Support Plan with Bruna	1 10:00 Brain Fitness with Brendan



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