



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

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Outing
4 10:00 Weekly Check In & Goal Setting 1:00 Understanding Ourselves: The Cognitive Model	5 10:00 Guest Speaker: Life to Paper 1:00 Music Therapy	6 10:00 Identifying Thinking Patterns that Cause Anxiety 1:00 Art Therapy	7 10:00 Understanding Ourselves: Emotional Eating 1:00 Movement & Meditation	8 Off-Site Photography Workshop
11 10:00 Weekly Check In & Goal Setting 1:00 Brain Fitness	12 10:00 Understanding Ourselves: Defense Mechanism 1:00 Music Therapy	13 10:00 Communication: Pseudo Listening 1:00 Art Therapy	14 10:00 Self Esteem Workshop 1:00 Movement & Meditation	15 10:00 Coping with Loneliness 1:00 Film Screening
18 10:00 Weekly Check In & Goal Setting 1:00 Understanding Ourselves: Codependency	19 10:00 Music Therapy 1:00 Group Volunteering	20 10:00 Communication: Building Effective Skills 1:00 Art Therapy	21 10:00 Coping with Anxiety: Plan and Implementation 1:00 Movement & Meditation	22 Holiday Party
25 Program Closed	26 Program Closed	27 Program Closed	28 Program Closed	29 Program Closed



**241 Hanlan Road
Vaughan
ON L4L 3R7**

