

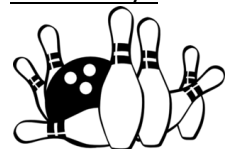











| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
|   |  | <b>1</b><br>10:00 Values Group<br>12:45 Relaxation Therapy  | <b>2</b><br>10:00 Introduction to Anger Management<br>1:00 Communication Skills   | <b>3</b><br>10:00 Art Therapy<br>12:45 Documentary<br><b>*Final date to pre-register for outing*</b>  |
| <b>6</b><br>10:00 Weekend Check-In<br>1:00 Mental Health Nutrition<br> | <b>7</b><br>10:00 Social Anxiety<br>1:00 Personal Support Plan Guide with <i>Bruna</i>   | <b>8</b><br>10:00 Anger Management Group<br>12:45 Relaxation Therapy  | <b>9</b><br>10:00 Dr.Norma's Mental Health Group<br>1:00 Communication Skills<br>                  | <b>10</b><br>Outing: 11:00 Bowling!<br><b>*Pre-Registration Mandatory*</b><br> |
| <b>12</b><br>10:00 Weekend Check-In<br>1:00 Sleep Hygiene<br>        | <b>14</b><br>10:00 Brain Fitness with <i>Brendan</i><br><br>1:00 Valentine's Day Social<br> | <b>15</b><br>10:00 Johari Window Group<br>12:45 Relaxation Therapy  | <b>16</b><br>10:00 Dr.Norma's Mental Health Group<br>1:30 Richmond Hill Library Presentation<br> | <b>17</b><br>10:00 Anger management<br>12:45 Art Therapy  |
| <b>20</b><br><b>Family Day Program Closed</b>   | <b>21</b><br>10:00 Goal Setting: Behavioral Activation<br>1:00 Positive Affirmations Group   | <b>22</b><br>10:30 <i>York Works</i> Presentation<br><br>1:00 Relaxation Therapy | <b>23</b><br>10:00 Dr.Norma's Mental Health Group<br>1:00 Communication Skills<br>                | <b>24</b><br>10:00 Yoga with <i>Danea</i><br><br>12:45 Art Therapy           |
| <b>27</b><br>10:30-2:00 Mental Health Nutrition<br>                  | <b>28</b><br>10:00 Coping Skills Part 1<br><br>1:00 Coping Skills Part 2  | *One on Ones with Dr.Norma and Mental Health Counsellors are available on Fridays   |   |   |

