



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

February 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| | | | 1 10:00 Understanding Ourselves: The Cognitive Model 1:00 Laughter Yoga | 2 10:00 Communication: Recognizing Your Style 1:00 Art Therapy |
| 5 10:00 Weekly Check in & Goal Setting 1:00 Building Self Esteem | 6 10:00 Family Dynamics: Mapping it Out 1:00 Music Therapy | 7 10:00 Coping with Panic Attacks Series 1:00 <i>Books & Biscotti</i> Series | 8 10:00 Coping with Social Anxiety 1:00 Expression Exercise | 9 10:00 Budgeting Skills 1:00 Art Therapy |
| 12 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Recognizing our Assets | 13 Food Handler Certification Workshop | 14 Program Closed | 15 10:00 Film Screening: The Happy Movie 1:00 Understanding Ourselves: Happiness | 16 10:00 Mental Health Nutrition with <i>Guest Speaker</i> 1:00 Art Therapy |
| 19 Program Closed | 20 10:00 Understanding Ourselves: Loneliness and Health 1:00 '7 Habits of Highly Effective People' Workshop | 21 10:00 Coping with Social Anxiety Series 1:00 <i>Books & Biscotti</i> Series | 22 10:00 Emotional Eating Part 1 1:00 Coping with Anxiety: Applying your Skills | 23 Outing: Ceramics Workshop <i>Pre-registration required</i> |
| 26 10:00 Weekly Check in & Goal Setting 10:00 Coping with Social Anxiety Series | 27 10:00 Music Therapy 1:00 Group Volunteering | 28 1:00 Communication: Using "I" Statements 1:00 <i>Books & Biscotti</i> Series | | |

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.

