

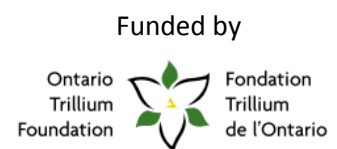


Any Questions? Please E-mail us at [mysecondhome@caritas.ca](mailto:mysecondhome@caritas.ca)  
Or call us at 416-748-9988

# January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Program Closed</b>	<b>2</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Communication Skills: Using "I" Statements	<b>3</b>  <b>10:00</b> Anger Management Part 1  <b>1:00</b> Understanding Ourselves: Values	<b>4</b>  <b>10:00</b> Understanding Ourselves: What is Shame  <b>1:00</b> Brain Fitness	<b>5</b>  <b>10:00</b> Poetry Workshop  <b>1:00</b> Art Therapy
<b>8</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Understanding Ourselves: The Wise Mind	<b>9</b>  <b>10:00</b> Self Talk Part 1  <b>1:00</b> Music Therapy	<b>10</b>  <b>10:00</b> Anger Management Part 2  <b>1:00</b> Mindfulness Exercises	<b>11</b>  <b>1:00</b> Family Dynamics: Birth Order  <b>1:00</b> Art Therapy	<b>12</b>  <b>10:00</b> Creative Writing Workshop  <b>1:00</b> Aromatherapy
<b>15</b>  <b>Program Closed</b>	<b>16</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Self Talk Part 2	<b>17</b>  <b>10:00</b> Coping with Panic Attacks Part 1  <b>1:00</b> Progressive Muscle Relaxation	<b>18</b>  <b>10:00</b> Mental Health Nutrition  <b>1:00</b> Therapeutic Theater	<b>19</b>  <b>10:00</b> Setting Priorities Workshop  <b>1:00</b> Art Therapy
<b>22</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Communication Skills: Assertiveness	<b>23</b>  <b>10:00</b> Understanding Ourselves: Codependency  <b>1:00</b> Music Therapy	<b>24</b>  <b>10:00</b> Coping with Panic Attacks Part 2  <b>1:00</b> Emotional Freedom Technique	<b>25</b>  <b>10:00</b> Creative Writing Workshop  <b>1:00</b> Art Therapy	<b>26</b>  <b>Outing</b>
<b>29</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Communication Skills: Effective Listening	<b>30</b>  <b>10:00</b> Coping with Social Anxiety  <b>1:00</b> Women's Group: Body Image	<b>31</b>  <b>10:00</b> Time Management Skills  <b>1:00</b> Guided Meditation		

*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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