



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

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Program Closed	4 10:00 Building Self Esteem Series 1:00 Movement & Meditation: Alleviating Fear	5 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	6 10:00 Documentary Series: The Happy Movie 1:00 Understanding Ourselves: Happiness	7 10:00 Family Dynamics: Birth Order 1:00 Art Therapy
10 10:00 Weekly Check in & Goal Setting 1:00 Coping with Anxiety	11 10:00 Understanding Ourselves: Core Beliefs 1:00 Movement & Meditation: Releasing Repressed Emotions	12 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	13 10:00 Mental Health Nutrition 1:00 Women's Group: Body Image	14 10:00 Mindfulness for Depression Series 1:00 Art Therapy
17 10:00 Weekly Check in & Goal Setting 1:00 Music Therapy	18 10:00 Building Self Esteem Series 1:00 Movement & Meditation: Reversing Negative Energy	19 10:00 Dr. Norma's Mental Health Group 1:00 Understanding Ourselves: Letting go of the Past	20 10:00 Coping with Anxiety 1:00 Exploring Future Pathways Workshop by York Works	21 10:00 Hike at Binder Twine Park with Lunch & Meditation
24 10:00 Weekly Check in & Goal Setting 1:00 Coping with Panic Attacks Part 1	25 10:00 Understanding Ourselves: Attachment Styles 1:00 Movement & Meditation: Resolving Inner Conflict	26 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	27 10:00 Managing Emotional Triggers 1:00 Time Management Skills	28 10:00 Communication Skills: Listening 1:00 Art Therapy
31 10:00 Weekly Check in & Goal Setting 1:00 Coping with Panic Attacks Part 2				

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