



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

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Program Closed	3 10:00 Weekly Check in & Goal Setting 1:00 Health and Loneliness	4 10:00 SMART Goals 1:00 Creative Arts Workshop	5 10:00 Women's Group with Connie 1:00 Laughter Yoga	6 10:00 Cognitive Restructuring: Thinking Errors 1:00 Brain Fitness
9 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills Series	10 10:00 Health and Loneliness Part 2 1:00 Music Therapy	11 1:00 Family Dynamics: Birth Order 1:00 Creative Arts Workshop	12 10:00 Expression to Heal: Telling My Story Series 1:00 Painting Workshop	13 Outing: Nature Day at Caritas Farm <i>Pre-registration required</i>
16 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills Series	17 10:00 Music Therapy 1:00 Group Volunteering	18 10:00 Setting Healthy Boundaries 1:00 Creative Arts Workshop	19 Outing: Ceramics Workshop <i>Pre-registration required</i>	20 10:00 Cognitive Restructuring: Automatic Thoughts 1:00 Ice Cream Social
23 10:00 Weekly Check in & Goal Setting 1:00 Visual Expression	24 House 12 Outing <i>For House 12 residents only</i>	25 PAUL 10:00 Understanding Ourselves: The Wise Mind 1:00 Creative Arts Workshop	26 10:00 Expression to Heal: Telling My Story Series 1:00 Painting Workshop	27 10:00 Cognitive Restructuring: Decatastrophizing 1:00 Board Game Tournament
30 PAUL 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Shame	31 10:00 The Worry Appointment 1:00 Nature Walk			

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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