



241 Hanlan Road, Unit 1

www.caritas.ca

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Building Self Esteem Series 1:00 Time Management Skills	2 10:00 Self Recognition: Being Aware of Privilege 1:00 Art Therapy: Pottery Sculpting
5 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Structure of the Mind	6 10:00 Introduction to Codependency 1:00 Understanding Ourselves: Feelings Part 1	7 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	8 10:00 Anger Management 1:00 Coping with Grief	9 10:00 Art Therapy: Painting to Heal 1:00 Board Games Tournament
12 10:00 Weekly Check in & Goal Setting 1:00 Conflict Management Part 3	13 10:00 Codependency Part 2 1:00 Stress Management Part 1	14 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	15 1:00 Building Self Esteem Series 1:00 Money Management	16 10:00 Coping with Anxiety 1:00 Bingo
19 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Feelings Part 2	20 10:00 Self Recognition: Understanding Shame 1:00 Self Recognition: Setting Boundaries	21 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	22 10:00 Understanding Ourselves: Communication Styles 1:00 Poetry Workshop	23 10:00 Yoga with Danae 1:00 Art Therapy
26 10:00 Weekly Check in & Goal Setting 1:00 Mindfulness for Depression	27 10:00 Self Recognition: Healing from Shame 1:00 Anger Management	28 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy	29 10:00 Building Self Esteem Series 1:00 Journal Workshop	30 Outing 10:00 Bowling <i>*pre-registration mandatory</i> 1:00 Art Therapy



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



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