



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

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Anger management 1:00 Art Therapy
4 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Recognizing Self-Worth	5 10:00 Communication Skills Series 1:00 Time Management- Making Time your Asset	6 1:00 Healing through Expression 1:00 Understanding Ourselves: Depression Trap	7 10:00 Goal Hierarchy – using behavior science to achieve what we want 1:00 Art Therapy	8 Program Closed
11 10:00 Weekly Check in & Goal Setting 1:00 Building Self Esteem -The Building Blocks	12 10:00 Communication Skills Series 1:00 Understanding Ourselves: Emotional Eating	13 10:00 ABC of Behavior 1:00 Mindfulness & Meditation	14 10:00 Understanding Ourselves: The Worry Appointment 1:00 Art Therapy	15 10:00 Healing through Expression 1:00 Yoga
18 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Self Sabotage	19 10:00 Communication Skills Series 1:00 Understanding Ourselves: Thinking Patterns that Cause Anxiety	20 Outing: Canada's Wonderland <i>Pre-registration required</i>	21 10:00 Coping with Panic Attacks Pt. 1 1:00 Art Therapy	22 10:00 Mental Health Nutrition 1:00 Brain Fitness
25 10:00 Weekly Check in & Goal Setting 1:00 Coping with Social Anxiety	26 10:00 Communication Skills Series 1:00 Understanding Ourselves: Forgiveness	27 10:00 Goal Hierarchy – using behavior science to achieve what we want 1:00 Mindfulness & Meditation	28 10:00 Coping with Panic Attacks Pt. 2 1:00 Art Therapy	29 Outing: Hike at Bindertwine Park

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.

Funded by



An agency of the Government of Ontario
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