



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

# March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>10:00</b> Emotional Eating: Honour Your Hunger  <b>1:00</b> Laughter Yoga	<b>2</b> <b>10:00</b> Coping with Anxiety: Applying your Skills  <b>1:00</b> Art Therapy: Sculpture
<b>5</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Health and Loneliness	<b>6</b>  <b>10:00</b> Mind Over Mood Series  <b>1:00</b> Women's Group: Body Image	<b>7</b>  <b>10:00</b> Social Anxiety Series  <b>1:00</b> Mindfulness	<b>8</b> <b>10:00</b> Emotional Eating: Honour Your Hunger  <b>1:00</b> Communication: Using "I" Statements	<b>9</b> <b>10:00</b> Communication: Blocks to Listening  <b>1:00</b> Games Activity & Hot Lunch
<b>12</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Building Self Esteem Series	<b>13</b>  <b>Outing:</b> Movie	<b>14</b>  <b>1:00</b> Anxiety Case Study  <b>1:00</b> Mindfulness	<b>15</b>  <b>10:00</b> Emotional Eating: Make Peace with Food  <b>1:00</b> Understanding Ourselves: The Wise Mind	<b>16</b>  <b>Outing:</b> Lunch at Farm
<b>19</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Understanding Ourselves: Forgiveness	<b>20</b>  <b>10:00</b> Self Talk Part 1  <b>1:00</b> Mental Health Book Club	<b>21</b>  <b>10:00</b> Communication Skills: Reflecting  <b>1:00</b> Mindfulness	<b>22</b>  <b>10:00</b> Emotional Eating: Make Peace with Food  <b>1:00</b> Art Therapy: Drawing	<b>23</b>  <b>10:00</b> Setting Healthy Boundaries  <b>1:00</b> Essential Oil Diffuser Necklace Workshop
<b>26</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>10:00</b> Positive Affirmation	<b>27</b>  <b>10:00</b> Self Talk Part 2  <b>1:00</b> Journal Workshop	<b>28</b>  <b>Outing:</b> Dream Catcher Making Workshop	<b>29</b>  <b>10:00</b> Emotional Eating: Challenge the Food Police  <b>1:00</b> Building Self Esteem Series	<b>30</b>  <b>10:00</b> Understanding Ourselves: Recognizing our Assets  <b>1:00</b> Art Therapy: Painting

*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.*

