

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Dr. Norma's Mental Health Group: Anxiety Series 12:45 Relaxation Therapy	2 10:00 Anger Management Series 1:00 Art Therapy	3 10:00 Creative Writing Workshop 1:00 Board Games
6 10:00 Weekly Check in & Goal Setting 1:00 Coping with Depression	7 10:00 Personal Support Plan with Bruna 1:00 Documentary & Discussion	8 10:00 Dr. Norma's Mental Health Group: Anxiety Series 12:45 Relaxation Therapy	9 Program Closed	10 10:00 Communication Skills: Expressing Yourself 1:00 Art Therapy: Kintsugi <i>*pre-registration mandatory</i>
13 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills: Regulating Emotions	14 10:00 Mental Health Nutrition (10:00-2:00) Individual Employment Consultant Meeting	15 10:00 Dr. Norma's Mental Health Group: Anxiety Series 12:45 Relaxation Therapy	16 10:00 Anger Management Series 1:00 Resume Workshop	17 10:00 Poetry Workshop 12:00 Hike at Humber River Trail
20 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills: Managing Emotions	21 10:00 Personal Support Plan with Bruna 1:00 Documentary & Discussion	22 10:00 Dr. Norma's Mental Health Group: Anxiety Series 12:45 Relaxation Therapy	23 Program Closed	24 Outing Bowling <i>*pre-registration mandatory</i>
27 10:00 Weekly Check in & Goal Setting 12:00 Hike at Bindertwine Park	28 Outing Colossus <i>*pre-registration mandatory</i>	29 10:00 Dr. Norma's Mental Health Group: Anxiety Series 12:45 Relaxation Therapy	30 10:00 Understanding Family Dynamics 1:00 Mindfulness: Health & Relationship	31 10:00 Yoga with Danea 1:00 Art Therapy

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

