

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Weekly Check in & Goal Setting 1:00 Coping with Anxiety	2 10:00 Assertive Communication Skills 1:00 Building Self Esteem	3 10:00 Journal Workshop 1:00 Relaxation Therapy	4 10:00 Anger Management 1:00 Recognizing Our Self Destructive Behaviors	5 10:00 Mental Health Nutrition 1:00 Women's Group
8 10:00 Weekly Check in & Goal Setting 1:00 Mindfulness for Depression	9 10:00 Conflict Management Part 1 1:00 Family Dynamics: Family Roles	10 Program Closed	11 10:00 Anger Management 1:00 Spoken Word Workshop	12 10:00 Yoga with Danae 1:00 Art Therapy
15 10:00 Weekly Check in & Goal Setting 1:00 Coping with Anxiety	16 10:00 Communication Skills: Active Listening 1:00 Understanding Core Beliefs	17 10:00 Building Self Esteem 1:00 Relaxation Therapy	18 Outing Art Gallery of Ontario (AGO) <i>*pre-registration mandatory</i>	19 10:00 Active Listening Part 2 1:00 Women's Group
22 Program Closed	23 10:00 Conflict Management Part 2 1:00 Family Dynamics: Environmental Influences	24 My Second Home Official Grand Opening	25 1:00 Mindfulness for Depression	26 Outing 10:00 Bowling <i>*pre-registration mandatory</i> 1:00 Art Therapy
29 10:00 Weekly Check in & Goal Setting 1:00 Hike at Humber River Trail	30 10:00 Introduction to coping with Trauma 1:00 Employment Skill Building	31 10:00 Dr. Norma's Mental Health Group 1:00 Relaxation Therapy		

Funded by