



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

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Understanding Ourselves: Wise Mind 1:00 Cognitive Restructuring: Socratic Questioning	2 Paul 10:00 Understanding Ourselves: Managing Expectations 1:00 Mindfulness & Meditation	3 10:00 Understanding Ourselves: Recognizing our Assets 1:00 Art Therapy	4 Program Closed
7 Paul 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills Series	8 10:00 Anger Management Pt.1 1:00 Spirituality and Health	9 1:00 Setting Healthy Boundaries Pt. 1 1:00 Mindfulness & Meditation	10 10:00 Mental Health Nutrition 1:00 Goal Setting for Job/Volunteering	11 10:00 Hike 1:00 Art Therapy
14 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills Series	15 10:00 Anger Management Pt.2 1:00 Cognitive Restructuring: Decatastrophizing	16 10:00 Setting Healthy Boundaries Pt. 2 1:00 Mindfulness & Meditation	17 10:00 Understanding Ourselves: Acceptance 1:00 Laughter Yoga	18 10:00 Hike 1:00 Art Therapy
21 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills Series	22 10:00 Understanding Ourselves: Core Beliefs 1:00 Vision Board Workshop	23 10:00 Countering Negative Self Talk 1:00 Mindfulness & Meditation	24 Fitness Workshop	25 10:00 Hike 1:00 Art Therapy
28 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills Series	29 10:00 Understanding Ourselves: I Can 1:00 Cognitive Restructuring: Thinking Errors	30 Paul 10:00 Fostering Positive Self Talk 1:00 Mindfulness & Meditation	31 10:00 Expression to Heal: Telling My Story Series 1:00 Goal Setting for Job/Volunteering	

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.

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