



a drop-in mental health day program
where **dignity comes first**

241 Hanlan Road, Unit 1
Vaughan, On L4L 3R7

JANUARY 2015



Monday 9:00-3:00	Tuesday 9:00-3:00	Wednesday 9:00-3:00	Thursday 9:00-3:00	Friday 9:30-3:00
			1	2
5	6	7	8	9
12 Weekend Recap 10:00-11:00 Documentary & Discussion 1:00-2:00	13 Increasing Self-Esteem 10:00-11:00 Craft Corner (painting) 1:30-2:30	14 Stress Management 10:00-11:00 Activity and Mental Health 1:00-2:00 *both with Hilary (CMHA)	15 Dr. Norma: Introduction to Mental Health 10:30-11:30 Arts & Crafts: 1:30-2:30	16 Career Café with Sean (CMHA) 10:00-1:00 Goal setting 2:30-3:00
19 Weekend Recap 10:00-11:00 Documentary & Discussion 1:00-2:00	20 Calm & Balanced Canine Rescue (Outing) 10:30-11:30 Fighting Stigma 1:30-2:30	21 Stress Management 10:00-11:00 Activity and Mental Health 1:00-2:00 *both with Hilary (CMHA)	22 Dr. Norma: Anxiety 10:30-11:30 Creative Writing 1:30-2:30	23 Program Closed
26 Weekend Recap 10:00-11:00 Documentary & Discussion 1:00-2:00	27 Craft Corner (popsicle stick craft) 10:30-12:00	28 Stress Management 10:00-11:00 Activity and Mental Health 1:00-2:00 *both with Hilary (CMHA)	29 Dr. Norma: Depression 10:30-11:30 Arts & Crafts: 1:30-2:30	30 Baking 10:00-11:00 Goal Setting 2:30-3:00

***All therapy groups and activities are voluntary**

***All day access to lounge, network room and hobby hall**

***One-on-One Counselling Sessions are available Wednesday Mornings with Dr. Norma (Mental Health Therapist)**



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



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