



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

Novmeber2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Dr. Norma's Mental Health Group 1:00 Restorative Yoga	2 10:00 Understanding Ourselves: Defense Mechanisms 1:00 Movement & Meditation	3 10:00 Recognizing the Depression Trap 1:00 Art Therapy
6 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills: NVC skills part 1	7 10:00 Understanding Ourselves: Acceptance 1:00 Understanding Ourselves: Body as Camouflage	8 10:00 Dr. Norma's Mental Health Group 1:00 Craft Activity	9 10:00 Healthy Assertiveness by Zahra 1:00 Movement & Meditation	10 10:00 Random Acts of Kindness 1:00 Art Therapy
13 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills: NVC skills part 2	14 10:00 Processing Grief by Paul 1:00 Music Therapy	15 10:00 Dr. Norma's Mental Health Group 1:00 Writing Workshop	16 10:00 Painting Lesson Part1 1:00 Painting Lesson Part 2	17 10:00 Setting Priorities Workshop 1:00 Art Therapy
20 10:00 Weekly Check in & Goal Setting 1:00 Men's Group / Women's Group	21 Outing	22 10:00 Brain Fitness by Brendan 1:00 Knitting & Crocheting	23 10:00 Coping with Boredom by Jen 1:00 Movement & Meditation	24 10:00 Seniors Visit 1:00 Seasonal Activity
27 10:00 Weekly Check in & Goal Setting 1:00 Setting Healthy Boundaries	28 10:00 Understanding Ourselves: Self Esteem 1:00 Music Therapy	29 10:00 Mental Health Nutrition 1:00 Speaker Reel	30 10:00 Guest Speaker: Making Every Moment Count 1:00 Movement & Meditation	



**241 Hanlan Road
Vaughan
ON L4L 3R7**





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