



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

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Weekly Check in & Goal Setting</p> <p>1:00 Creative Writing Workshop: Using Figurative Language</p>	<p>3</p> <p>10:00 Stress Management Skills</p> <p>1:00 Movement & Meditation</p>	<p>4</p> <p>10:00 Dr. Norma's Mental Health Group</p> <p>1:00 Art Therapy</p>	<p>5</p> <p>10:00 Movie Screening</p> <p>1:00 Family Dynamics: Mapping Emotions</p>	<p>6</p> <p>10:00 Journal workshop: Anger</p> <p>1:00 Painting Workshop</p>
<p>9</p> <p>PROGRAM CLOSED</p>	<p>10</p> <p>10:00 Building Self Esteem Series</p> <p>1:00 Music Therapy</p>	<p>11</p> <p>10:00 Dr. Norma's Mental Health Group</p> <p>1:00 Art Therapy</p>	<p>12</p> <p>10:00 <i>Mental Health Nutrition</i></p> <p>1:00 <i>Guest Speaker: Expression through the Arts and Filmmaking</i></p>	<p>13</p> <p>10:00 Sleep Hygiene</p> <p>1:00 Seasonal Activity</p>
<p>16</p> <p>10:00 Weekly Check in & Goal Setting</p> <p>1:00 Creative Writing Workshop</p>	<p>17</p> <p>10:00 Understanding Ourselves: Abuse</p> <p>1:00 Movement & Meditation</p>	<p>18</p> <p>10:00 Dr. Norma's Mental Health Group</p> <p>1:00 Art Therapy</p>	<p>19</p> <p>10:00 Book Making Workshop</p> <p>1:00 Create Yourself</p>	<p>20</p> <p>10:00 Family Dynamics: Sibling Rivalry</p> <p>1:00 Seasonal Activity</p>
<p>23</p> <p>10:00 Weekly Check in & Goal Setting</p> <p>1:00 Understanding Ourselves: Bullying</p>	<p>24</p> <p>10:00 Music Therapy</p> <p>1:00 Group Volunteering</p>	<p>25</p> <p>10:00 Dr. Norma's Mental Health Group</p> <p>1:00 Art Therapy</p>	<p>26</p> <p>10:00 Biography Workshop part 1</p> <p>1:00 Biography Workshop part 2</p>	<p>27</p> <p>PROGRAM CLOSED</p>
<p>30</p> <p>10:00 Weekly Check in & Goal Setting</p> <p>1:00 Expression Exercise: Theater</p>	<p>31</p> <p>10:00 Understanding Ourselves: Making New Friends</p> <p>1:00 Halloween Party</p>			



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