



Any Questions? Please E-mail us at [mysecondhome@caritas](mailto:mysecondhome@caritas). **September 2017**  
 Or call us at 416-748-9988

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  <b>10:00</b> Brain Fitness with Brendan
<b>4</b>  <b>PROGRAM CLOSED</b>	<b>5</b> <b>10:00</b> Understanding Ourselves: Acceptance  <b>1:00</b> Movement & Meditation	<b>6</b> <b>10:00</b> Dr. Norma's Mental Health Group  <b>1:00</b> Knitting & Crocheting	<b>7</b> <b>10:00</b> Anger Management Pt.1  <b>1:00</b> Self Reflection Workshop: Season Change	<b>8</b>  <b>10:00</b> Hike at Bindertwine Park with Lunch
<b>11</b> <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Understanding Ourselves: Shame	<b>12</b> <b>10:00</b> Anger Management Pt.2  <b>1:00</b> Movement & Meditation	<b>13</b> <b>10:00</b> Dr. Norma's Mental Health Group  <b>1:00</b> Emotional Freedom Technique	<b>14</b> <b>10:00</b> Cognitive Behavioral Therapy  <b>1:00</b> Automatic Thoughts Workshop	<b>15</b> <b>10:00</b> Journal Workshop  <b>1:00</b> Art Therapy
<b>18</b> <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Building Self Esteem Series	<b>19</b> <b>10:00</b> Understanding Ourselves: Social Anxiety  <b>1:00</b> Movement & Meditation	<b>20</b> <b>10:00</b> Dr. Norma's Mental Health Group  <b>1:00</b> Relaxation Therapy	<b>21</b> <b>10:00</b> Women's Group: Body Image  <b>1:00</b> Understanding Ourselves: Social Self	<b>22</b> <b>10:00</b> Mental Health Nutrition  <b>1:00</b> Art Therapy
<b>25</b> <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Building Self Esteem Series	<b>26</b>  <b>Outing</b> <b>10:00</b> Group Exposure Therapy	<b>27</b> <b>10:00</b> Dr. Norma's Mental Health Group  <b>1:00</b> Aromatherapy	<b>28</b> <b>10:00</b> Understanding Ourselves: Gratitude  <b>1:00</b> Money Management	<b>29</b>  <b>Outing</b> <b>10:00</b> Bowling *Pre-registration mandatory  <b>1:00</b> Art Therapy



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

Funded by  
 Ontario Trillium Foundation  
 Fondation Trillium de l'Ontario  
 An agency of the Government of Ontario  
 Un organisme du gouvernement de l'Ontario