



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

August 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| | | 1 10:00 Creative Writing 1:00 Understanding ourselves: Eat, Repent, Repent Cycle with <i>Guest Speaker</i> | 2 10:00 Building Self Esteem Series 1:00 Art Therapy | 3 10:00 Understanding Ourselves: Cognitive Distortions 1:00 Brain Fitness |
| 6 Program Closed | 7 10:00 Weekly Check in & Goal Setting 1:00 Authentic Dreaming Workshop | 8 1:00 Setting Healthy Boundaries 1:00 Understanding Ourselves: Forgiveness | 9 Photography Workshop | 10 10:00 Understanding Ourselves: Cognitive Distortions 1:00 Mental Health Nutrition |
| 13 PAUL 10:00 Weekly Check in & Goal Setting 1:00 Visual Expression | 14 10:00 Understanding Ourselves: Shame 1:00 Music Therapy | 15 10:00 Journal Workshop 1:00 Art Therapy | 16 10:00 Building Self Esteem Series 1:00 Movie: Coco | 17 10:00 Understanding Ourselves: Cognitive Distortions 1:00 Brain Fitness |
| 20 10:00 Weekly Check in & Goal Setting 1:00 Managing Social Anxiety | 21 House 12 Outing <i>For House 12 residents only</i> | 22 PAUL Memorial Ceremony | 23 Outing BBQ at Farm with Ice Cream Truck | 24 10:00 Journal Workshop 1:00 Mental Health Nutrition |
| 27 PAUL 10:00 Weekly Check in & Goal Setting 1:00 The Worry Appointment | 28 10:00 Music Therapy 1:00 Group Volunteering | 29 10:00 Understanding Ourselves: Breathing and Feelings 1:00 Art Therapy | 30 10:00 Anger Management Part 2 1:00 Building Self Esteem Series | 31 10:00 Journal Workshop 1:00 Brain Fitness |

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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