



# September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 <b>10:00</b> Weekly Check in & Goal Setting <b>1:00</b> Wise Mind: Introduction	5 <b>PAUL</b> <b>10:00</b> Building Self Esteem Series <b>1:00</b> Art Therapy	6 <b>Outing</b> Canada's Wonderland <i>Pre-registration required</i>	7 <b>9AM to 12 PM</b> <b>Recovery Month</b> <b>Pancake Breakfast &amp; Guest Speaker</b>
<b>CREATE YOURSELF WEEK</b>				
10 <b>PAUL</b> <b>10:00</b> Weekly Check in & Goal Setting <b>1:00</b> Visual Expression	11 <b>10:00</b> Journal Workshop <b>1:00</b> Abstract Art Class	12 <b>1:00</b> Wise Mind: Expression Exercise <b>1:00</b> Painting Workshop	13 <b>10:00</b> Creative Writing <b>1:00</b> DIY: Gemstone Bracelets	14 <b>10:00</b> Poetry Workshop <b>1:00</b> Karaoke
17 <b>10:00</b> Weekly Check in & Goal Setting <b>1:00</b> Understanding Ourselves: Co-dependency	18 <b>10:00</b> Setting Healthy Boundaries <b>1:00</b> Laughter Yoga	19 <b>PAUL</b> <b>10:00</b> Building Self Esteem Series <b>1:00</b> The Depression Trap	20 <b>10:00</b> Mental Health Critical Thinking <b>1:00</b> Brain Fitness	21 <b>10:00</b> Understanding Ourselves: Cognitive Distortions <b>1:00</b> Brain Fitness
24 <b>PAUL</b> <b>10:00</b> Weekly Check in & Goal Setting <b>1:00</b> Managing Social Anxiety	25 <b>10:00</b> Journal Workshop <b>1:00</b> Building Self Esteem Series	26 <b>Program Closed</b>	27 <b>Guest Speaker:</b> Spirituality in our journey with Father Joe	28 <b>Program Closed</b>

*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.*

