



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

# November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 PAUL</b>  <b>1:00</b> Therapeutic Dance led by MSH peer  <b>1:00</b> Mindful Eating Workshop Series (Closed Group)	<b>2</b>  <b>Program Closed</b>
<b>5</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Importance of Failure & Resiliency	<b>6</b>  <b>10:00</b> Poetry Workshop  <b>1:00</b> Art Therapy: Wood Engraving	<b>7</b>  <b>10:00</b> Art Therapy led by MSH peer  <b>1:00</b> Visual Expression	<b>8</b>  <b>10:00</b> Journal Workshop  <b>1:30</b> Mindful Eating Workshop Series (Closed Group)	<b>9</b>  <b>10:00</b> Creative Piece Workshop  <b>1:00</b> Therapeutic Jenga
<b>12</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Values Exploration	<b>13</b>  <b>10:00</b> Mindfulness & Meditation  <b>1:00</b> Art Therapy-	<b>14 PAUL</b>  <b>10:00</b> Building Self Esteem  <b>1:00</b> Building Self Esteem Activity	<b>15</b>  <b>10:00</b> Creative Piece Workshop  <b>1:30</b> Mindful Eating Workshop Series (Closed Group)	<b>16</b>  <b>Outing</b>  <u>McMichael Museum</u> <i>Pre-registration mandatory</i>
<b>19</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Fight or Flight Response	<b>20</b>  <b>10:00</b> Goal Setting  <b>1:00</b> Art Therapy led by MSH peer	<b>21</b>  <b>10:00</b> The Art of Letting Go  <b>1:00</b> Creative Piece Workshop	<b>22 PAUL</b>  <b>10:00</b> Group with Paul  <b>1:30</b> Mindful Eating Workshop Series (Closed Group)	<b>23</b>  <b>10:00</b> Creative Piece Workshop  <b>1:00</b> Brain Gym
<b>26</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Mental Health Nutrition	<b>27</b>  <b>Outing</b>  <u>Job Fair</u> <i>Pre-registration mandatory</i>	<b>28</b>  <b>10:00</b> Taking Care of our Body led by MSH peer  <b>1:00</b> Mental Health Benefits of Exercise	<b>29</b>  <b>10:00</b> Creative Piece Workshop  <b>1:30</b> Mindful Eating Workshop Series (Closed Group)	<b>30</b>  <b>MSH</b> <b>Open Mic Café</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.*

