



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

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Weekly Check in & Goal Setting 1:00 Coping Skill Inventory	2 10:00 SAMRT Goal Setting 1:00 Visual Expression	3 PAUL 10:00 Communications Scenario Workshop 1:00 Group with Paul	4 1:00 Journal Workshop 1:00 Mindful Eating Workshop Series (Closed Group)	5 10:00 Anger Management pt. 1 1:00 Brain Gym
8 Program Closed	9 10:00 Poetry Workshop 1:00 Therapeutic Jenga	10 10:00 Building Self Esteem pt.1 1:00 Building Self Esteem pt.2	11 PAUL 10:00 Group with Paul 1:30 Mindful Eating Workshop Series (Closed Group)	12 10:00 Anger Management pt. 2 1:00 Art Therapy
15 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills Series	16 10:00 Family Dynamics: Birth Order 1:00 Understanding Ourselves: Self-Care	17 PAUL 10:00 Understanding Ourselves: Codependency 1:00 DBT House	18 10:00 Understanding Ourselves: Looking Glass Self 1:30 Mindful Eating Workshop Series (Closed Group)	19 Outing: <i>Bowling</i>
22 10:00 Weekly Check in & Goal Setting 1:00 Time Management – Making Time an Asset	23 10:00 Fostering Positive Self Talk 1:00 Mindfulness & Meditation	24 10:00 Health and Loneliness 1:00 Art Therapy	25 10:00 Understanding Ourselves: Stuck Points 1:30 Mindful Eating Workshop Series (Closed Group)	26 Guest Speaker: Spirituality in our journey with Rabbi Zaien
29 10:00 Weekly Check in & Goal Setting 1:00 Core Beliefs	30 10:00 Negative Self Talk Triggers 1:00 Communication Skills	31 Halloween Party <i>Potlock</i>		

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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