



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

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Program Closed	2 10:00 Holiday Check In & Weekly Goal Setting 1:00 Planning for the New Year	3 10:00 Let it Go 1:00 Affirmation Inventory	4 10:00 Calendar Scrap Booking 1:00 Knitting for the Homeless
7 10:00 Weekly Check in & Goal Setting 1:00 Setting Healthy Boundaries	8 10:00 SMART Goal Setting 1:00 Calendar Scrap Booking	9 10:00 Worry Appointment 1:00 Self Care Plan	10 Paul 10:00 Building Self Esteem 1:00 Mental Health Narratives	11 10:00 Journal Workshop 1:00 Art Therapy
14 10:00 Weekly Check in & Goal Setting 1:00 Exploring Social Anxiety	15 10:00 Understanding Shame 1:00 Art Therapy	16 Paul 10:00 Coping with Anxiety 1:00 Mindfulness & Meditation	17 10:00 Communication: Building Effective Skills 1:00 Understanding the Importance of Failure	18 Outing <u>Movie</u> <i>Pre-Registration Mandatory</i>
21 10:00 Weekly Check in & Goal Setting 1:00 Support Plan Workshop	22 10:00 Core Beliefs 1:00 Mental Health: Body, Mind, Spirit	23 10:00 Identifying Triggers for Anxiety 1:00 Art Therapy	24 Paul 10:00 Communication: Building Effective Skills 1:00 Communication Skills	25 Outing <u>Bowling</u> <i>Pre-Registration Mandatory</i>
28 10:00 Weekly Check in & Goal Setting 1:00 Time Management	29 10:00 Understanding Ourselves: Control Inventory 1:00 Art Therapy	30 10:00 Values Exploration 1:00 Visual Expression	31 10:00 Communication: Building Effective Skills 1:00 Monthly Review	

During the times in between group sessions, My Second Home acts as a drop-in self-care space. Participants can work on creative endeavors, engage socially with others, or even take time to themselves or request a one-on-one with the Mental Health Program Coordinators.

