



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

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Self-Assessment 12:00 Movie at the Centre
4 10:00 Weekly Check in & Goal Setting 1:00 Coping with Boredom	5 10:00 Setting Healthy Boundaries 1:00 Resume Workshop	6 10:00 Understanding Family Dynamics 1:00 Resume Workshop	7 PAUL 10:00 Understanding Ourselves: Control Inventory 1:00 Building Self-Esteem	8 10:00 Journal Workshop 1:00 Peer Led Group: Art Therapy
11 10:00 Weekly Check in & Goal Setting 1:00 Understanding Ourselves: Wise Mind	12 10:00 Understanding Needs & Wants 1:00 Figuring Out Our Feelings	13 10:00 <i>Coffee and Prep</i> 1:00 <i>Job Fair – Pre-Registration Mandatory</i>	14 Valentine’s Day Party <i>Potluck</i>	15 10:00 Yoga 1:00 Music Therapy
18 Program Closed <i>Family Day</i>	19 10:00 Exploring Social Anxiety 1:00 Art Therapy	20 10:00 Peer Led Group: Cooking 1:00 Mindfulness & Meditation	21 PAUL 10:00 Group with Paul 1:00 Applying Our Communication Skills	22 Outing <u>McMichael Art Museum</u> <i>Pre-Registration Mandatory</i>
25 10:00 Weekly Check in & Goal Setting 1:00 Mental Health Food & Nutrition	26 10:00 Establishing Social Support 1:00 Stress Management	27 PAUL 10:00 Worry Appointment 1:00 Peer Led Group: Emotional Release	28 10:00 Understanding Cognitive Distortions 1:00 Visual Expression	

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.

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