



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

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Movie 1:00 Brain Gym
4 10:00 Weekly Check in & Goal Setting 1:00 Understanding Sleep Hygiene	5 10:00 Pancake Tuesday Breakfast 1:00 Building Self-Esteem	6 10:00 Needs & Wants 1:00 Music Therapy	7 10:00 Identifying Triggers for Anxiety 1:00 Laughter Yoga	8 10:00 Journal Workshop 1:00 Art Therapy
11 10:00 Weekly Check in & Goal Setting 1:00 Art Therapy	12 10:00 Understanding Family Dynamics 1:00 Music Therapy	13 10:00 Figuring Out Our Feelings Pt. 1 1:00 Figuring Out Our Feelings Pt. 2	14 PAUL 10:00 Thinking Errors 1:00 Relationships pt. 1	15 BOARD GAME CAFÉ
18 10:00 Weekly Check in & Goal Setting 1:00 Positive Experiences	19 10:00 Peer-Led Group: Mental Health & the Law 1:00 Peer-Led Group: Emotional Release	20 10:00 Creative Expression 1:00 Art Therapy	21 PAUL 10:00 Exercising Assertive Communication 1:00 Co-dependency	22 10:00 Circuit Workout 1:00 Anger Management
25 10:00 Weekly Check in & Goal Setting 12:30 Afternoon @ Chapters	26 10:00 Music Therapy 1:00 Singing for the Seniors	27 10:00 Understanding Ourselves: The Wise Mind 1:00 Mindfulness & Meditation	28 PAUL 10:00 Improvisation 1:00 Relationships pt. 2	29 10:00 Core Beliefs 1:00 Time Management

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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