



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

April 2019

THEME = CHANGE & NEW BEGINNINGS

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Weekly Check in & Goal Setting 1:00 Brain Gym	2 10:00 Communication Skills 1:00 Coping with Boredom	3 10:00 Negative Self-Talk Triggers 1:00 Stages of Change	4 PAUL 10:00 Group with Paul 1:00 Exercising Our Communication Skills	5 10:00 Journal Workshop 1:00 Planning for Spring
8 10:00 Weekly Check in & Goal Setting 1:00 Motivation	9 10:00 Coping with Anxiety 1:00 Worry Appointment	10  <i>At My Second Home</i>	11 10:00 Understanding Our Comfort Zone 1:00 Art Therapy	12 Outing <u>Bowling</u> <i>Pre-Registration Mandatory</i>
15 10:00 Weekly Check in & Goal Setting 1:00 Journal Workshop	16 10:00 Managing Expectation Vs Reality 1:00 Embracing Gratitude	17 10:00 Understanding CBT 1:00 Yoga with a Guest Instructor	18 PAUL 10:00 Relationships 1:00 Building Self-Esteem	19 Program Closed
22 EASTER MONDAY 10:00 Weekly Check in & Goal Setting 1:00 Art Therapy	23 10:00 Coping with Stress 1:00 Visual Expression	24 10:00 Control Inventory 1:00 Art Therapy	25 PAUL 10:00 Core Beliefs 1:00 Planting our Seeds	26 10:00 Movie @ the Center 1:00 Mindful Colouring
29 10:00 Weekly Check in & Goal Setting 1:00 Narrative Therapy	30 Outing <u>Job Fair</u> <i>Pre-Registration Mandatory</i>	1 10:00 Coping Skills Inventory 1:00 Nature Walk	2 Program Closed	3 Program Closed

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.

