



Any Questions? Please E-mail us at [mysecondhome@caritas.ca](mailto:mysecondhome@caritas.ca)  
Or call us at 416-748-9988

# May 2019

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   | <b>1</b><br><br><b>10:00</b> Coping Skills Inventory<br><br><b>1:00</b> Nature Walk                    | <b>2</b><br><br><b>Program Closed</b>   | <b>3</b><br><br><b>Program Closed</b>  |
| <b>6</b><br><br><b>10:00</b> Weekly Check in & Goal Setting<br><br><b>1:00</b> Journal Workshop          | <b>7</b><br><br><b>10:00</b> Understanding Ourselves: Self Talk<br><br><b>1:00</b> Fostering Positive Self Talk | <b>8</b><br><br><b>10:00</b> Art Therapy: Part 1<br><br><b>1:00</b> Art Therapy: Part 2                | <b>9</b> <b>PAUL</b><br><br><b>10:00</b> Healthy vs. Unhealthy Relationships<br><br><b>1:00</b> Therapeutic Jenga | <b>10</b><br><br><b>10:30</b> D-Talks: Guest Speaker<br><br><b>1:00</b> Mindfulness & Meditation |
| <b>13</b><br><br><b>10:00</b> Weekly Check in & Goal Setting<br><br><b>1:00</b> Self-Care Assessment     | <b>14</b><br><br><b>10:00</b> Communication Skills pt. 1<br><br><b>1:00</b> Creative Writing Workshop pt. 1     | <b>15</b><br><br><b>Mind &amp; Body Workshop with Guest Facilitator</b>                                | <b>16</b> <b>PAUL</b><br><br><b>10:30</b> Open Group with Paul<br><br><b>1:00</b> Exercising Communication Skills | <b>17</b><br><br><b>10:00</b> Nature Walk<br><br><b>1:00</b> Creative Outlet: Stress Release     |
| <b>20</b><br><br><b>Program Closed</b>   | <b>21</b><br><br><b>10:00</b> Communication Skills pt. 2<br><br><b>1:00</b> Creative Writing Workshop pt. 2     | <b>22</b><br><br><b>10:00</b> Unhelpful Thinking Styles<br><br><b>1:00</b> Mindfulness: A Way of Being | <b>23</b> <b>PAUL</b><br><br><b>10:00</b> Body Image<br><br><b>1:00</b> Building Self-Esteem                      | <b>24</b><br><br><b>Outing</b><br><b>Mini Golf</b><br><i>Pre-Registration Mandatory</i>          |
| <b>27</b><br><br><b>10:00</b> Weekly Check in & Goal Setting<br><br><b>1:00</b> Exploring Social Anxiety | <b>28</b><br><br><b>10:00</b> Communication Skills pt. 3<br><br><b>1:00</b> Visual Expression                   | <b>29</b><br><br><b>10:00</b> SMART Goal Setting<br><br><b>1:00</b> Quote Workshop                     | <b>30</b><br><br><b>Program Closed</b>  | <b>31</b><br><br><b>10:00</b> Art Therapy<br><br><b>1:00</b> Bocce                               |

*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.*

Funded by



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario