



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

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Weekly Check in & Goal Setting 1:00 Self-Compassion	3 10:00-12:00 Closed Group: Female Empowerment 1:00 Choir Practice	4 10:00 Anger Iceberg 1:00 Holiday Art Therapy	5 PAUL 10:00 Looking Back, Looking Forward 1:00 Negative Self-Talk	6 10:00 Poem Collage 1:00 Friday Social
9 10:00 Weekly Check in & Goal Setting 1:00 Journal Workshop	10 10:00-12:00 Closed Group: Female Empowerment 2:00-3:00 Singing to the Seniors	11 10:00 Gratitude Practice 1:00 Holiday Cards	12 PAUL 10:00 Holiday Struggles Pt. 1 1:00 Holiday Struggles Pt. 2	13 10:00 Holiday Art Therapy 1:00 Self-Esteem Dice Game
16 10:00 Weekly Check in & Goal Setting 1:00 Therapeutic Jenga	17 10:00-12:00 Closed Group: Female Empowerment 1:00 Mindfulness & Meditation	18 10:00 Worry Appointment 1:00 Coping with the Winter Blues	19 PAUL 10:00-2:00 MY SECOND HOME CHRISTMAS PARTY <i>Potluck</i>	20 10:00 Holiday Support Plan 12:00 Movie & Hot Chocolate at the Centre
23 Program Closed	24 Program Closed	25 Program Closed 	26 Program Closed	27 Program Closed
30 Program Closed	31 Program Closed	1 Program Closed 	2 10:00 New Year Check in & Goal Setting 1:00 Planning for 2020	3 10:00 2020 Vision Board 1:00 Friday Social

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 request a one-on-one with the Mental Health Program Coordinators.

Funded by

