



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

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Weekly Check in & Goal Setting 1:00 Mindful Colouring	4 10:00 Morning Meditation 1:00 Importance of Healthy Eating	5 10:00 Challenging Negative Self-Talk 1:00 Exploring Social Anxiety	6 10:00 Setting Healthy Boundaries 1:00 Problem-Solving	7 10:00 Mental Health Bingo 1:00 Friday Social
10 10:00 Weekly Check in & Goal Setting 1:00 Building Self-Esteem	11 10:00 Understanding Trauma 1:00 Strengths	12 10:00 Unhelpful Thinking Patterns 1:00 Yoga With Instructor	13 PAUL 10:00 Anger Management Pt. 1 1:00 Anger Management Pt. 2	14 Valentine's Day ♥ 10:00 Love Letters 12:00 Movie at the Centre
17 FAMILY DAY Program Closed	18 10:00 Weekly Check in & Goal Setting 1:00 Family Dynamics	19 10:00 Relaxation Therapy 1:00 Journal Workshop	20 PAUL 10:00 Relationships Pt. 1 1:00 Relationships Pt. 2	21 10:00 OUTING <i>Pre-Registration is REQUIRED as spots are limited</i>
24 10:00 Weekly Check in & Goal Setting 1:00 Health & Loneliness	25 10:00 Creating Meaningful Goals: One Month, One Year, Five Years 12:00 Pancake Tuesday	26 10:00 Worry Appointment 1:00 Art Therapy	27 PAUL 10:00 Emotions: Mind, Body & Spirit 1:00 Understanding Self-Esteem	28 10:00 Brain Gym 12:00 Documentary at The Centre

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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