



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

# January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>2</b>  <b>10:00</b> New Year Check in & Goal Setting  <b>1:00</b> Planning for 2020	<b>3</b>  <b>10:00</b> Vision Board  <b>1:00</b> Friday Social
<b>6</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Personality Quiz	<b>7</b>  <b>10:00</b> Quick Stress Relief  <b>1:00</b> Importance of Healthy Eating	<b>8</b>  <b>10:00</b> Perfectionism  <b>1:00</b> Self-Care	<b>9</b> <b>PAUL</b> <b>10:00</b> Check-In with Paul  <b>1:00</b> Identity	<b>10</b>  <b>10:00</b> Mental Health Bingo  <b>12:00</b> Documentary at the Centre
<b>13</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Health & Loneliness	<b>14</b>  <b>10:00</b> Relaxation Therapy  <b>1:00</b> Making Mandalas	<b>15</b>  <b>10:00</b> Morning Mindfulness  <b>1:00</b> Interpersonal Effectiveness Skills	<b>16</b> <b>PAUL</b>  <b>10:00</b> Self-Esteem Prompts  <b>1:00</b> I am...	<b>17</b>  <b>10:00</b> Art Therapy  <b>1:00</b> Friday Social
<b>20</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Journal Workshop	<b>21</b>  <b>10:00</b> Understanding Ourselves: Values  <b>1:00</b> Stress Management	<b>22</b>  <b>10:00</b> Healthy vs. Unhealthy Coping Strategies  <b>1:00</b> Visual Expression	<b>23</b>  <b>10:00</b> Tree of Strength  <b>1:00</b> Peer-Led Group: Taekwondo	<b>24</b>  <b>10:00</b> Self-Esteem Dice Game  <b>1:00</b> Yoga with Instructor
<b>27</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00-3:00</b> Mental Health Nutrition: Learning How to Cook	<b>28</b>  <b>10:00</b> Anger Management  <b>1:00</b> Practicing Gratitude	<b>29</b>  <b>10:00</b> Spirituality  <b>1:00</b> Communication Skills	<b>30</b> <b>PAUL</b>  <b>10:00</b> Managing Anxiety  <b>1:00</b> Healthy Relationships	<b>31</b>  <b>10:00</b> Brain Gym  <b>1:00</b> 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 even take time to themselves or request a one-on-one with the Mental Health Program Coordinators.*



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