



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

# March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Practicing Gratitude	<b>3</b>  <b>10:00</b> Building Our Social Support Circle  <b>12:00-2:00</b> Art with a Guest Arts Therapist	<b>4</b>  <b>10:00</b> Protective Factors  <b>1:00</b> S.M.A.R.T Goal Setting	<b>5</b> <b>PAUL</b>  <b>10:00</b> Boundaries Pt.1  <b>1:00</b> Boundaries Pt.2	<b>6</b>  <b>PROGRAM CLOSED</b>
<b>9</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Resiliency	<b>10</b>  <b>OUTING</b> <b>TBD</b> <i>Registration is Required</i>	<b>11</b>  <b>10:00</b> The Nine Personality Types  <b>1:00</b> Communication Skills	<b>12</b> <b>PAUL</b>  <b>10:00</b> Core Beliefs Pt.1  <b>1:00</b> Core Beliefs Pt.2	<b>13</b>  <b>10:00</b> Art Therapy  <b>1:00</b> Why failure is Important
<b>16</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Worry Appointment	<b>17</b>  <b>10:00</b> Mindfulness Meditation  <b>12:00-2:00</b> Art with a Guest Arts Therapist	<b>18</b>  <b>10:00</b> Negative Self-Talk  <b>1:00</b> Self-Compassion	<b>19</b>  <b>10:00</b> Wheel of Needs  <b>1:00</b> Yoga with Colleen	<b>20</b>  <b>10:00</b> Planning Our Ideal Self-Care Day  <b>12:00</b> Movie at the Centre
<b>23</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Affirmations	<b>24</b>  <b>10:00</b> Self-Esteem  <b>12:00-2:00</b> Art with a Guest Arts Therapist	<b>25</b>  <b>10:00</b> Journal Workshop  <b>1:00</b> Self-Esteem	<b>26</b> <b>PAUL</b>  <b>10:00</b> Problem-Solving Pt. 1  <b>1:00</b> Problem-Solving Pt. 2	<b>27</b>  <b>10:00</b> Scrabble  <b>1:00</b> Friday Social
<b>30</b>  <b>10:00</b> Weekly Check in & Goal Setting  <b>1:00</b> Healthy vs. Unhealthy Coping	<b>31</b>  <b>10:00</b> Creative Writing with Susan  <b>1:00</b> Relaxation Therapy			

*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.*

