



# Spring/Summer 2025 - May. (Haliburton County.)

MON	TUE	WED	THU	FRI
<p>Please Note: All groups are being offered virtually over Zoom, with the exception of Movement and Meditation. After you've registered, the Zoom links will be sent to you before your group.</p>		30	1 <b>10-11:30am</b> Building a Healthy Morning Routine <b>1:30-3pm</b> Conflict Resolution	2 <b>10-11:30am</b> Virtual Queer Discussion <b>1:30-3pm</b> SMART Goals
5 <b>10-11am</b> Movement & Meditation	6	7 <b>10:30-12pm</b> Peer Discussion	8 <b>1:30-3pm</b> Guide to Better Sleep Habits	9
12 <b>10-11am</b> Movement & Meditation	13	14 <b>10:30-12pm</b> Peer Discussion	15 <b>1:30-3pm</b> Psych 101: The Science of Mental Health	16
19 <b>STAT HOLIDAY - NO PROGRAMMING</b>	20 <b>1:30-3pm</b> Self-Care in the Summer	21 <b>10:30-12pm</b> Peer Discussion	22	23
26	27	28 <b>10:30-12pm</b> Peer Discussion	29 <b>1:30-3pm</b> Living with Bipolar	30



# Spring/Summer 2025 - June (Haliburton County.)

MON	TUE	WED	THU	FRI
2 10-11am Movement & Meditation	3	4 10:30-12pm Peer Discussion	5 1:30-3pm Living with Bipolar	6
9 10-11am Movement & Meditation	10 1:30-3pm Living with ADHD	11 10:30-12pm Peer Discussion	12 1:30-3pm Living with Concurrent Disorders	13
16 10-11am Movement & Meditation	17 1:30-3pm Living with ADHD	18 10:30-12pm Peer Discussion	19 1:30-3pm Living with Concurrent Disorders	20
23 10-11am Movement & Meditation	24	25 10:30-12pm Peer Discussion	26	27
30 10-11am Movement & Meditation	JULY 1 STAT HOLIDAY - NO PROGRAMMING	2 10:30-12pm Peer Discussion	3 10-11:30am Mindful Moments - Meditation Workshop 1:30-3pm Living with Depression	4



# Spring/Summer 2025 - July

## (Haliburton County)

MON	TUE	WED	THU	FRI
30 10-11am Movement & Meditation	1 STAT HOLIDAY - NO PROGRAMMING	2 10:30-12pm Peer Discussion	3 10-11:30am Mindful Moments - Meditation Workshop 1:30-3pm Living with Depression	4
7	8	9 10:30-12pm Peer Discussion	10 10-11:30am Poetry & Songwriting 1:30-3pm Living with Depression	11 10-11:30am Virtual Queer Discussion
14	15 10-11:30am Food & Mood 1:30-3pm Self-Esteem	16 10:30-12pm Peer Discussion	17 10-11:30am Developing Coping Skills 1:30-3pm Living with Anxiety	18
21 10-11:30am Developing Personal Resiliency	22 1:30-3pm Self-Esteem	23 10:30-12pm Peer Discussion	24 1:30-3pm Living with Anxiety	25
28	29 10-11:30am Food & Mood 1:30-3pm Self-Esteem	30 10:30-12pm Peer Discussion	31	AUG 1



# Spring/Summer 2025 - August (Haliburton County.)

MON	TUE	WED	THU	FRI
28	29	30 10:30-12pm Peer Discussion	31	AUG 1
4 STAT HOLIDAY - NO PROGRAMMING	5	6 10:30-12pm Peer Discussion	7	8
11	12	13 10:30-12pm Peer Discussion	14	15
18	19	20 10:30-12pm Peer Discussion	21	22
25	26	27 10:30-12pm Peer Discussion	28	29