



Spring/Summer 2025 - May (Kawartha Lakes)

MON	TUE	WED	THU	FRI
28	29	30	1 10-11:30am Building a Healthy Morning Routine 1:30-3pm Conflict Resolution	2 10-11:30am Virtual Queer Discussion 1:30-3pm SMART Goals
5 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	6 10am-12pm Create & Connect Art Group 1:30-3pm Get Your Game On	7 10:30-12pm Peer Discussion	8 1:30-3pm Guide to Better Sleep Habits	9 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
12 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	13 11am-1pm Cooking group	14 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Art Splash	15 1:30-3pm Psych 101: The Science of Mental Health	16 1:30-3pm Collaging
19 STAT HOLIDAY - NO PROGRAMMING	20 1:30-3pm Self-Care in the Summer	21 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Café Night	22 1:30-3:30pm Silk Screening	23 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
26 HOPE Closed	27 HOPE Closed	28 10:30-12pm Peer Discussion 1:15-2:15pm Justice Rec Bowling	29 1:30-3pm Living with Bipolar	30 10am-2pm Trip to PTBO Zoo & Picnic



Spring/Summer 2025 - June

(Kawartha Lakes)

MON	TUE	WED	THU	FRI
2 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	3 10am-12pm Create & Connect Art Group	4 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Café Night	5 1:30-3pm Living with Bipolar	6 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
9 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	10 10-11:30am Get Your Game On 1:30-3pm Living with ADHD	11 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Art Splash	12 1:30-3pm Living with Concurrent Disorders	13 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
16 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	17 10-12pm Creative Expressions 1:30-3pm Living with ADHD	18 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Café Night	19 1:30-3pm Living with Concurrent Disorders	20 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
23 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	24 11am-1pm Cooking Group	25 10:30-12pm Peer Discussion 1:15-2:15pm Justice Rec Bowling	26 1:30-3pm Collaging	27 1-4pm Northcote Farm Planting Day
30 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	JULY 1 STAT HOLIDAY - NO PROGRAMMING	2 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Café Night	3 10-11:30am Mindful Moments & Meditation Workshop 1:30-3pm Living with Depression	4 10am-2pm Fishing Trip and Picnic at Emily Park



Spring/Summer 2025 - July

(Kawartha Lakes)

MON	TUE	WED	THU	FRI
30 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	1 STAT HOLIDAY - NO PROGRAMMING	2 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Café Night	3 10-11:30am Mindful Moments & Meditation Workshop 1:30-3pm Living with Depression	4 10am-2pm Fishing Trip and Picnic at Emily Park
7 1:30-3pm Rhythm & Music	8 10am-12pm Create & Connect Art Group	9 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Art Splash	10 10-11:30am Poetry & Songwriting Workshop 1:30-3pm Living with Depression	11 10-11:30am <i>Virtual</i> Queer Discussion
14 1:30-3pm Rhythm & Music	15 10-11:30am Food & Mood 1:30-3pm Self Esteem	16 10:30-12pm Peer Discussion 1:30-3pm Planning Group: Café Night	17 10-11:30am Developing Coping Skills 1:30-3pm Living with Anxiety	18 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
21 10-11:30am Developing Personal Resiliency 1:30-3pm Rhythm & Music	22 11am-1pm Cooking Group 1:30-3pm Self Esteem	23 10:30-12pm Peer Discussion 1:30-3pm Collaging	24 1:30-3pm Living with Anxiety	25 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
28 1:30-3pm Rhythm & Music	29 10-11:30am Food & Mood 1:30-3pm Self Esteem	30 10:30am Peer Discussion 1:30-3pm Planning Group: Café Night 1:15-2:15pm Justice Rec Bowling	31 10am-2pm Trip to Hunting & Fishing Heritage Centre & Picnic	AUG 1



Spring/Summer 2025 - August (Kawartha Lakes)

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 11am-2pm Art Splash Event
11	12	13 10:30-12pm Peer Discussion	14	15
18	19	20 10:30-12pm Peer Discussion	21	22 1-4pm Northcote Farm - Beekeeping & Natural Dye Workshop
25	26	27 10:30-12pm Peer Discussion	28	29