



Spring/Summer 2025 - May (Peterborough)

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	6 10:30-11:30am Justice Rec Yoga 2-4pm Create & Connect Art Group	7 10:30-12pm Peer Discussion 1-2pm Justice Rec Pickleball	8 11-12pm Justice Rec Bowling 1:30-3pm Guide to Better Sleep Habits	9 10-11:30am Get Your Game On 2-3pm Rhythm & Music
12 10-11am Movement & Meditation	13 10:30-11:30am Justice Rec Yoga 1:30-3:30 Creative Expressions	14 10:30am Peer Discussion 1-2pm Justice Rec Pickleball 130-3pm Planning Group: Art Splash	15 11-12pm Justice Rec Bowling 1:30-3pm Psych 101: The Science of Mental Health	16 11am-1pm Cooking Group
19 STAT HOLIDAY - NO PROGRAMMING	20 10:30-11:30am Justice Rec Yoga 1:30-3pm Self-Care in the Summer	21 10:30am Peer Discussion 1-2pm Justice Rec Pickleball 1:30-3pm Planning Group: Café Night	22 11-12pm Justice Rec Bowling 1:30-3pm Collaging	23 10-11:30am Get Your Game On 1:30-3:30pm Creative Expressions
26 HOPE Closed	27 10:30-11:30am Justice Rec Yoga HOPE Closed	28 10:30-12pm Peer Discussion 1-2pm Justice Rec Pickleball	29 11-12pm Justice Rec Bowling 1:30-3pm Living with Bipolar	30 10am-2pm Trip to PTBO Zoo & Picnic

Spring/Summer 2025 - June (Peterborough)

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

Spring/Summer 2025 - July

(Peterborough)

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



Spring/Summer 2025 - August (Peterborough)

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