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# PHOENIX Calendar

## July 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:00AM	Morning Inspirations	Morning Inspirations	Morning Inspirations	Morning Inspirations	Morning Inspirations
10:30 - 11:30AM	Who's Nobody?	Collective Kitchen	Mindful Me	Wellness Works	Social Connections 😊
1:00 - 1:15PM	Get Up & Go	Get Up & Go	Get Up & Go	Get Up & Go	<b>Centre Closes at 1pm</b>
1:30 - 2:30PM	Therapy Dog Super Cooper 	WRAP (Wellness Recovery Action Plan) begins at 1 pm)	How-To Skill Building	Adventures in Art 	Music Express 1:30—2:40 pm @ Seeds of Change 
3:00 - 4:00PM	Just Journals & Cleaning Skills	Just Journals & Cleaning Skills	Just Journals & Cleaning Skills 	Just Journals & Cleaning Skills	<b>Note:</b> <b>NO Music Express July 7 or 14.</b>

### Important Dates

**Centre Closures:**  
**Tues. July 11: Closed at 2 pm**  
**Tues. July 25: Closed at 2 pm**

**Sign-up Events:**  
**Collective Kitchen Tuesdays**  
**Sign up 1 week in advance**  
**with \$3, or bring your own lunch.**

**CMHA-HKPR ANNUAL BBQ**  
**Thursday, July 20**  
 Serving lunch  
 12:3 to 1:30 at Beavermead  
 (Attend by own transportation)

**Dinner Out Thurs. July 20:**  
**Mr Sub**  
**Sign up 1 week in advance.**  
 Bring \$10—\$15



## Welcome to PHOENIX!

**NEW: Please register with payment for all Food Groups 1 week in advance to reserve your space.**

**Harmony at PHOENIX:** This is an ongoing theme throughout daily programming where members have the opportunity to earn beads for certain actions including peer support, group participation, team work, attitude, and contribution to our community.

**Dinner Out:** Once a month, participating members will discuss where they wish to go as a group. Social skills and etiquette is an important part of this activity. Register one week in advance.

**Collective Kitchen:** Practice Life and Team Skills by participating in all aspects of simple food preparation and clean-up. Register one week in advance.

**Morning Inspirations:** This daily morning group is designed for socialization and beginning the day on an inspirational note.

**Music Express:** Join the group at Seeds of Change, Emmanuel United Church on George St. Express yourself through music as we experiment with a variety of formats including music jamming, sing-alongs, drumming groups, and more.

**How-To:** This Skill Building program is offered in an instructional format to build on personal development of Life and Social Skills.

**Get Up & Go:** These are daily fitness breaks with gentle stretches and exercises for flexibility, energy, and balance.

**Adventures in Art:** This is a fun & therapeutic experience. Create art by using a variety of modalities. No art experience required.

**Mindful Me:** Actively participate in developing greater mindfulness through personal growth, and engagement with peers and our community.

**Therapy Dog:** Join Wendy and therapy dog, “Super Cooper” for therapeutic animal interaction.

**Wellness Works:** Learn from and with each other about ways to be well and stay well. This group includes discussions and activities with topics ranging from hygiene to nutrition, character traits, and social skills.

**Just Journals:** This is a self-directed journaling activity where members use words and pictures to capture the day in a positive light.

**Cleaning Skills:** Be courteous, responsible & respectful by taking care of your center. Wipe tables, water plants, and tidy work spaces.

**Social Connections:** This program offers various activities selected by members to promote socialization and fun.

**WRAP:** Group members develop their own Wellness Plans, Toolbox, and other coping strategies to help guide their choices with everyday life.

**Who’s Nobody?:** This program features inclusion and character development, and awareness of self and others within the context of community.