

Wellness & Recovery Activities Calendar

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April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Writing My WRAP Time: 2:00 – 4:00 Meet at 466 George Street North. Registration Required</p>	<p>4</p> <p>Peer Support Group Time: 4:00 – 5:00 Meet at 466 George Street North.</p>	<p>5</p> <p>Recreation Planning Meeting Time: 2:30 – 4:00 If you have been attending recreation events in the last year please attend this meeting. Meet at 466 George Street North.</p>	<p>6</p> <p>Wellness Group Topic: Assertiveness Activity: Bingo Time: 1:00 – 3:30 Meet at 466 George Street North. Registration Required</p>	<p>7</p>
<p>10</p> <p>Writing My WRAP Time: 2:00 – 4:00 Meet at 466 George Street North. Registration Required</p>	<p>11</p> <p>Peer Support Group Time: 4:00 – 5:00 Meet at 466 George Street North.</p>	<p>12</p>	<p>13</p> <p>CMHA Spring Dinner Time: 11:30 – 1:30 Where: Trinity United Church Cost: Free</p>	<p>14</p> <p>CMHA Offices Closed</p>
<p>17</p> <p>Writing My WRAP Time: 2:00 – 4:00 Meet at 466 George Street North. Registration Required</p>	<p>18</p> <p>Peer Support Group Time: 4:00 – 5:00 Meet at 466 George Street North.</p>	<p>19</p>	<p>20</p> <p>Wellness Group Topic: Assertiveness Activity: Wellness Jeopardy Time: 1:00 – 3:30 Meet at 466 George Street North. Registration Required</p>	<p>21</p>
<p>24</p> <p>Writing My WRAP Time: 2:00 – 4:00 Meet at 466 George Street North. Registration Required Lunch & Learn (Bed Bugs) Time: 12:00 – 1:00 Meet at 466 George Street North.</p>	<p>25</p> <p>Peer Support Group Time: 4:00 – 5:00 Meet at 466 George Street North.</p>	<p>26</p>	<p>27</p> <p>Wellness Group Topic: Assertiveness Activity: Card Games Time: 1:00 – 3:30 Meet at 466 George Street North. Registration Required</p>	<p>28</p>
<p>Crisis Food Cupboard is available at CMHA reception area the 2nd and 3rd, and 4th Friday of the month. Please drop in between 2:00pm and 4:00pm</p>	<p>Peer Support group will have a time change effectively May 2, 2017. If you attend this group check calendar next month for the time before attending</p>	<p>If you play an instrument or like to listen to live music come join Music Express! Friday's 1:30pm – 2:45pm @ Seeds of Change. Contact Susan for more info at extension 2004.</p>	<p>WRAP (Wellness Recovery Action Plan) 8 week Workshop. To register contact Alicia Beddoe</p>	<p>Are you caring for someone with mental health challenges? You may be interested in Family WRAP. Contact Alicia for more details</p>



Canadian Mental Health Association
Haliburton, Kawartha, Pine Ridge

Please note that programs are subject to change in the event of an emergency

2017/2018 Wellness Topics

April – Assertiveness

May – Emotional Regulation

June – Self Esteem

July – Change

August – Healthy Sleep

September – Stress

October – Distress Tolerance

November – Depression

December – Social Connectedness

January – Goal Setting

February – Anxiety

March – Boundaries