












Kawartha Lakes REACH for Recovery



705-878-3379

April 2017

64 Lindsay St S.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>Dog Therapy 9-10am</p> <p>Peer Support 10:00-11:30am</p> <p>Rock at REACH 1:30-3:00pm @ REACH</p> 	<p>4</p> <p>Income Tax Workshop 9:30-11am</p> <p>Cooking from the Bank 11-12pm</p> <p><i>Pasta Salad</i></p> <p>Community Resources 2:30-3:30pm</p>	<p>5</p> <p>The REACHERS 10-11:30am</p> <p>Arts & Crafts 10-11:30am</p> <p>Bingo 1:30pm-2:30pm</p> <p>Coffee and Conversation 2:30-3:30pm</p>	<p>6</p> <p>Pool Tournament 10:30-12pm</p> <p>Lunch Group - \$3 11am-12pm</p> <p><i>Chicken Caesar Wrap</i></p> <p>Writing for Recovery 1:30-2:30pm</p> <p>Cleaning Group 2:30-3:00pm</p>	<p>7</p> <p>TedTalks 10-11am</p> <p>Pool Tournament 11-12pm</p> <p>Wellness Group 1:30-3:00pm</p> <p><i>Depression wk1</i></p> <p>Guided Relaxation 3-3:30pm</p> 	<p>8</p> <p>Morning Coffee Group 11:15-12pm</p> <p>Fun & Games 12:30-2pm</p>
<p>10</p> <p>Dog Therapy 9-10am</p> <p>CIA Meeting 10-11:30am</p> <p>Peer Support 10:00-11:30am</p> <p>Rock at REACH 1:30-3:00pm @ REACH</p>	<p>11</p> <p>Garden Group 10-12pm</p> <p>Cooking from the Bank 11-12pm</p> <p><i>Crustless Quiche</i></p> <p>Art Therapy 1-2pm</p> <p>Tobacco Talk 2:30-3:30pm</p>	<p>12</p> <p>The REACHERS 10-11:30am</p> <p>Games/Karaoke 10:00-11:30</p> <p>Wellness Jeopardy 1:30pm-2:30pm</p> <p>Coffee and Conversation 2:30-3:30pm</p> <p>DAY OF PINK!</p>	<p>13</p> <p>Pool Tournament 10:30-12pm</p> <p>Lunch & Learn 11-12am</p> <p><i>Medication Safety</i></p> <p>Baking Group 1:30-2:30pm</p> <p>Salvation Army presentation 2:30-3:30pm</p>	<p>14</p> <p>REACH CLOSED FOR GOOD FRIDAY</p> 	<p>15</p> <p>REACH CLOSED</p> 
<p>17</p> <p>Dog Therapy 9-10am</p> <p>Peer Support 10:00-11:30am</p> <p>Rock at REACH 1:30-3:00pm @ REACH</p>	<p>18</p> <p>REACH CLOSED FOR ADMIN</p> 	<p>19</p> <p>The REACHERS 10-11:30am</p> <p>Arts & Crafts 10-11:30am</p> <p>Bingo 1:30pm-2:30pm</p> <p>Coffee and Conversation 2:30-3:30pm</p>	<p>20</p> <p>CMHA SPRING DINNER 11-1PM</p> <p><i>Salvation Army Church</i> 51 Eglinton St.</p> 	<p>21</p> <p>Volunteer Meeting 10:00-12:00pm</p> <p>Pool Tournament 11-12pm</p> <p>Wellness Group 1:30pm-3:00pm</p> <p><i>Depression wk2</i></p> <p>Guided Relaxation 3-3:30pm</p>	<p>22</p> <p>Morning Coffee Group 11:15-12pm</p> <p>Arts & Crafts 12:30-2pm</p>
<p>24</p> <p>Dog Therapy 9-10am</p> <p>CIA Meeting 10-11:30am</p> <p>Peer Support 10:00-11:30am</p> <p>Rock at REACH 1:30-3:00pm @ REACH</p>	<p>25</p> <p>REACH Townhall 10-11:30am</p> <p>Art Therapy 1-2pm</p> <p>Speaker Series 2:00-3:30pm</p>	<p>26</p> <p>The REACHERS 10-11:30am</p> <p>Games/Karaoke 10:00-11:30</p> <p>Wellness Jeopardy 1:30pm-2:30pm</p> <p>Monthly Celebration 2:30-3:30pm</p>	<p>27</p> <p>Pool Tournament 10:30-12pm</p> <p>Lunch Group - \$3 11am-12pm</p> <p><i>Meatball Subs</i></p> <p>Writing for Recovery 1:30-2:30pm</p> <p>Cleaning Group 2:30-3:00pm</p>	<p>28</p> <p>Garden Group 10-12pm</p> <p>Pool Tournament 11-12pm</p> <p>Wellness Group 1:30pm-3:00pm</p> <p><i>Depression wk3/4</i></p> <p>Guided Relaxation 3-3:30pm</p>	<p>29</p> <p>REACH CLOSED</p> 
	<p>Join us for our Garden Group</p> 	<p>This month's Wellness Group:</p> <p>Depression</p> 	<p>Join us for our CMHA SPRING DINNER April 20th <i>Salvation Army Church</i></p> 	<p>This month's Lunch & Learn topic:</p> <p>Medication Safety</p> 	

Programs are subject to change due to unforeseen events

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Reach 4 Recovery Hours of Operation

- **Monday**

9am-1pm – Drop In

1:30pm-4pm – Focused Programming

- **Tuesday**

9am-1:30pm – Drop In

2:30pm-3:30pm – Focused Programming

3:30-4pm – Intakes and Tours

(Closed 3rd Tuesday every month)

- **Wednesday**

9am-4pm – Drop In

- **Thursday**

9am-2:30pm – Drop In

2:30-3:30 – Focused Programming

3:30-4pm – Intakes and Tours

- **Friday**

9am-12pm – Drop In

1:30pm-4pm – Focused Programming

- **Saturday**

11:15am-2:30pm – Drop In

(Open every other Saturday)

Drop In – Coffee/Tea, computers, pool table, games, socialization, creative arts etc.

Focused Programming – Formal groups such as: Rock @ Reach, Community Resources, Wellness courses, and Mindfulness. Drop-In activities are not permitted during these times

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