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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| ***“Basic Shelf” Cooking***  ***4 weeks***  ***Thursdays 10-12pm***  C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\M3LMZNAX\recipe[1].gif | 1  **PTBO ZOO**  10-3pm  **Cooking on a Budget**  11-12pm  *Tuna Casserole*  **Community Resources**  2:30-3:30pm  *Tobacco Talk* | 2  **Games**  10:00-11:30  **Wellness Jeopardy**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 3  **Dog Therapy**  10:30-11:30am  **Basic Shelf Cooking**  *(Registration Req’d)*  10-2pm  **Writing for Recovery**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | 4  **Garden Group**  10-12pm  **Wellness Group**  1:30-3:00pm  *Goal Setting*  **Guided Relaxation**  3-3:30pm | 5  **REACH CLOSED** |
| 7  **REACH CLOSED FOR CIVIC HOLIDAY**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IG19KQS2\MC900441574[1].wmf** | 8  **PTBO ZOO**  10-3pm  **Cooking on a Budget**  11-12pm  *Enchiladas*  **Art Therapy**  1-2pm  **Community Resources**  2:30-3:30pm  *Women’s Resources* | 9  **Arts & Crafts**  10-11:30am  **Bingo**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 10  **Dog Therapy**  10:30-11:30am  **Basic Shelf Cooking**  *(Registration Req’d)*  10-2pm  **Peer Support**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | 11  **Garden Group**  10-12pm  **Wellness Group**  1:30-3:00pm  *Goal Setting*  **Guided Relaxation**  3-3:30pm | 12  **Morning Coffee Group**  11:15-12pm  **Fun & Games**  12:30-2pm |
| 14  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **Baking Group**  10-12pm  **Rock at REACH**  1:30-3:00pm  @ REACH  C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82C13VZ7\music-notes[1].jpg | 15  **Garden Group**  10-12pm  **Cooking on a Budget**  11-12pm  *French Toast*  **Community Resources**  2:30-3:30pm  Hiking @ Ken Reid | 16  **Games**  10:00-11:30  **Lunch & Learn**  11-12pm  *Knife Safety*  **Wellness Jeopardy**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 17  **Dog Therapy**  10:30-11:30am  **Basic Shelf Cooking**  *(Registration Req’d)*  10-2pm  **Writing for Recovery**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | 18  **REACH CLOSED FOR PAINTING**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O3LVV899\large-Paint-can-with-brush-33.3-9378[1].gif** | 19  **REACH CLOSED** |
| 21  **REACH CLOSED FOR MEETING**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IG19KQS2\MC900441574[1].wmf** | 22  **REACH Townhall**  10-11:30am  **Speaker Series**  2:30-3:30pm | 23  **Arts & Crafts**  10:00-11:30  **Bingo**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 24  **Dog Therapy**  10:30-11:30am  **Basic Shelf Cooking**  *(Registration Req’d)*  10-2pm  **Peer Support**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | 25  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30pm-3:00pm  *Goal Setting*  **Guided Relaxation**  3-3:30pm | 26  **Morning Coffee Group**  11:15-12pm  **Arts & Crafts**  12:30-2pm |
| 28  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **Rock at REACH**  1:30-3:00pm  @ REACH | 29  **Garden Group**  10-12pm  **Cooking on a Budget**  11-12pm  *Fettuccini Alfredo*  **Painting with Lesley**  1-2pm  **Community Resources**  2:30-3:30pm  Walking/Biking | 30  **Games**  10:00-11:30  **Wellness Jeopardy**  1:30pm-2:30pm  **Monthly Celebration**  2:30-3:30pm | 31  **Dog Therapy**  10:30-11:30am  **Lunch Group**  11-12pm  *Chicken Caesar Wraps*  **Peer Support**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | ***This month’s***  ***Lunch & Learn***  ***topic is:***  ***Knife Safety***  ***C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\M3LMZNAX\blog-ron-brown-falling-knife[1].png*** | ***This month’s Wellness Group:***  ***Goal Setting***  ***C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O3LVV899\goal_setting_activities[1].jpg*** |

***Programs are subject to change due to unforeseen events***

**Program Descriptions**

**Art Therapy**: a form of mental health support involving the encouragement of free self-expression through painting, drawing, or modeling

**Arts and Crafts**: participants can express themselves through creating a variety of staff/volunteer directed arts and crafts items

**Bingo**: recreational drop-in game in which participants can play and win prizes

**Cleaning:** REACH members assist in tidying and cleaning the REACH centre. We live by the philosophy that we all help to make the mess, we should all help clean it.

**Coffee and Conversation**: an informal drop-in group during which the participants can exchange information with one another.

**Community Resources**: an educational group designed to share information about the resources available in our community.

**Cooking on a Budget**: a collective cooking group designed around items that individuals could purchase on a budget. Pre-registration required.

**Dog Therapy:** Therapy Dogs from St. John’s Ambulance, Dog Therapy Program visit REACH to provide affection, joy and comfort to the REACH members by petting the dogs.

**Games**: a wide variety of board games, video games and card games available for individuals to enjoy a little friendly competition.

**Garden:** Group tends to the Community Garden located behind Fleming College to grow fruits, vegetables and herbs. Group also tends to the 2 flower gardens in the front of REACH.

**Guided Relaxation**: facilitated teach/utilize techniques designed to calm the body and mind

**Lunch & Learns:** educational groups on a variety of safety. Snacks and drinks are provided for the participants of the group.

**Lunch Group**: a collective and affordable cooking group facilitated at REACH. Pre-registration is required

**Monthly Celebration**: celebrate any birthdays, accomplishments, or anniversaries that have occurred during that month. This month’s “Member of the Month” award and any Kudos for outstanding behaviour that have been noticed during the month are also presented

**Morning Coffee Group:** individuals enjoy coffee and chat with their Peers about what is currently going on in their lives, and possibly get feedback or suggestions

**Peer Support:** individuals can share barriers, difficulties and experiences with their Peers and receive feedback and suggestions based on others’ experiences with similar situations

**Rock at REACH:** music program designed for all skill, experience and interest levels. Individuals are encouraged to participate in playing music, singing, or just sitting back and listening.

**Speaker Series:** one individual per month shares their personal story about their journey of recovery with members of the community. Pre-registration is required to speak

**Wellness Group:** a 4 week educational group to provide participants with information on a variety of topics to improve one’s mental health (ex. Boundaries, stress management, anxiety, etc.)

**Wellness Jeopardy**: a series of wellness-related trivia questions based around the framework of the TV gameshow Jeopardy.

**WRAP:** an 8 week self-management and recovery system. The WRAP workshop includes developing tools to help identify triggers and create a personal list of coping strategies. Participants will also work towards establishing a crisis plan they can follow if they feel they are heading into a mental health crisis.

**Writing for Recovery**: learn how to use writing to heal and grow by writing our own stories.