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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 3  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **Rock at REACH**  1:30-3:00pm  @ REACH | 4  **Garden Group**  10-12pm  **Cooking from the Bank**  11-12pm  *Pizza Rolls*  **Adopt-a-Road**  2:30-3:30pm | 5  **Games**  10:00-11:30  **Wellness Jeopardy**  1:30pm-2:30pm  **Fishing @ Old Mill Park**  3:00-4:00pm  *Free Fishing Week* | 6  **Dog Therapy**  10:30-11:30am  **Lunch Group - $3**  11am-12pm  *BLT*  **Writing for Recovery**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | 7  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30-3:00pm  *Emotional Regulation*  **Guided Relaxation**  3-3:30pm | 8  **Morning Coffee Group**  11:15-12pm  **Fun & Games**  12:30-2pm |
| 10  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **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 | 11  **Garden Group**  10-12pm  **Cooking from the Bank**  11-12pm  *Pasta Salad*  **Art Therapy**  1-2pm  **Community Resources**  2:30-3:30pm  *Games @ Old Mill* | 12  **Painting with Lesley**  10-11:30am  **Bingo**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 13  **CMHA SUMMER BBQ**  11:00-3:00PM  Memorial Park  C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OLQ1WQLA\BBQ[1].png | 14  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30-3:00pm  *Emotional Regulation*  **Guided Relaxation**  3-3:30pm | 15  **REACH CLOSED** |
| 17  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **Rock at REACH**  1:30-3:00pm  @ REACH | 18  **REACH CLOSED FOR ADMIN**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2T3PRI90\closed_sign[1].jpg** | 19  **Games**  10:00-11:30  **Wellness Jeopardy**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 20  **Dog Therapy**  10:30-11:30am  **Lunch & Learn**  11-12pm  *Bed Bugs*  **Baking Group**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | 21  **Garden Group**  10-12pm  **Wellness Group**  1:30pm-3:00pm  *Emotional Regulation*  **Guided Relaxation**  3-3:30pm | 22  **Morning Coffee Group**  11:15-12pm  **Arts & Crafts**  12:30-2pm |
| 24  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **Rock at REACH**  1:30-3:00pm  @ REACH | 25  **REACH Townhall**  10-11:30am  **Art Therapy**  1-2pm  **Speaker Series**  2:30-3:30pm | 26  **Arts & Crafts**  10:00-11:30  *Decorating plant pots*  **Bingo**  1:30pm-2:30pm  **Monthly Celebration**  2:30-3:30pm | 27  **Dog Therapy**  10:30-11:30am  **Lunch Group - $3**  11am-12pm  *Breakfast Burritos*  **Peer Support**  1:30-2:30pm  **Cleaning Group**  2:30-3:00pm | 28  **Garden Group**  10-12pm  **Art Splash**  **1-4pm**  **Victoria Park**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\M3LMZNAX\Colored-chalk[1].jpg** | 29  **REACH CLOSED** |
| 31  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **Rock at REACH**  1:30-3:00pm  @ REACH | ***Join us for our***  ***Garden Group***  ***Tues and Fri mornings***  ***10-12pm***  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OLQ1WQLA\cartoon-vegetables_medium[1][1].jpg** | ***Join us for the***  ***CMHA Summer BBQ***  ***Thurs July 13***  ***11-3pm***  ***Memorial Park***  ***C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O3LVV899\homer-barbeque[1].gif*** | ***This month’s***  ***Lunch & Learn***  ***topic is:***  ***Bed Bugs***  ***C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O3LVV899\208184731[1].jpg*** | ***Join us for***  ***Art Splash***  ***1-4pm***  ***Victoria Park***  *Share your inspirational thoughts*  R:\REACH\Photos\Art Splash\Art Splash 2014 pics\Picture2.jpg | ***This month’s Wellness Group:***  ***Emotional Regulation***  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OLQ1WQLA\Good-Bad-Emotions[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 from the Bank**: a collective cooking group designed around items that individuals could receive from the local food bank. 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

**PhotoVoice**: photography program by which people can tell their story through the creation of photographs and narratives. Pre-registration is required.

**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.