

REACH for Recovery – March 2020

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64 Lindsay St. S.

<http://cmhahkpr.ca/programs-services/reach/>



Monday	Wednesday	Friday
March 2	March 4	March 6
Coffee & Conversation: 9-10 a.m. *Mood Walk: 10:15-11:45 a.m. Music & Rhythm Group: 1-2:45 p.m. Movement & Meditation: 3-4 p.m.	Fitness (Rec Centre): 9-10 a.m. Anxiety: 10:30-12:00 p.m. Wellness Bingo: 1-2 p.m. Humane Society: 2:30-3:30 p.m.	Coffee and Conversation: 9-10 a.m. Physical Health: 10:30-12 p.m. *Mood Walk: 1-2:45 p.m. Peer Support: 3-4 p.m.
March 9	March 11	March 13
Coffee & Conversation: 9-10 a.m. *Mood Walk: 10:15-11:45 a.m. Music & Rhythm Group: 1-2:45 p.m. Movement & Meditation: 3-4 p.m.	Squash (Rec Centre): 9-10 a.m. Anxiety: 10:30-12:00 p.m. Art Therapy: 1-2:45 p.m. Peer Support: 3-4 p.m.	REACH CLOSED UNTIL 1p.m. *Mood Walk: 1-2:45 p.m. Peer Support: 3-4 p.m.
March 16	March 18	March 20
Coffee & Conversation: 9-10 a.m. *Mood Walk: 10:15-11:45 a.m. Lunch & Learn (Personal Hygiene): 12-1 p.m. Music & Rhythm Group: 1-2:45 p.m. Movement & Meditation: 3-4 p.m.	Fitness (Rec Centre): 9-10 a.m. Anxiety: 10:30-12:00 p.m. ***Virtual Reality Outing: 1-3 p.m. Wellness Jeopardy: 3-4 p.m.	***Collective Kitchen (Savoury Crepes): 9:00-10 a.m. Fear of aging: 10:30-12 p.m. Artistic Expressions: 1-2:45 p.m. Peer Support: 3-4 p.m.
March 23	March 25	March 27
Coffee & Conversation: 9-10 a.m. *Mood Walk: 10:15-11:45 a.m. Music & Rhythm Group: 1-2:45 p.m. Movement & Meditation: 3-4 p.m.	Squash (Rec Centre): 9-10 a.m. Anxiety: 10:30-12:00 p.m. Art Therapy: 1-2:45 p.m. Public Health Talk: 3-4 p.m.	Brain Gym: 9-10 a.m. Compassion Fatigue: 10:30-12 p.m. *Mood Walk: 1-2:45 p.m. Peer Support: 3-4 p.m.
March 30		
Coffee & Conversation: 9-10 a.m. *Mood Walk: 10:15-11:45 a.m. Music & Rhythm Group: 1-2:45 p.m. Movement & Meditation: 3-4 p.m.		

Special Events:

- **March 18: Virtual Reality Outing to Ctrl V (Lindsay); registration is required**

*Weather Dependant *** Registration Required

Program Descriptions

Art Therapy: Form of expressive therapy that uses the creative process of making art to improve a person's physical, mental and emotional wellbeing. Facilitated by a registered art therapist.

Artistic Expressions: An opportunity for participants to take part in expressing themselves through creating art in various forms.

Peer Support: An essential component of the mental health system and a key contributor in the recovery process. Be part of a guided conversation between people with lived experience. This group provides a venue to get and give support to other community members facing mental health concerns in a safe, comfortable, and non-judgmental environment.

Fitness: Engagement in physical activity can lift your mood, assist with concentration, help you sleep better and reduce symptoms of depression, anxiety and stress. Join us in the fitness gym at the Lindsay Rec Centre to reap the benefits of physical activity. Membership paid. All fitness levels welcome.

Lunch & Learns: Education, skills and strategies related to personal and environmental safety issues are shared, snacks and drinks provided.

Mood Walk: Experience the physical and mental health benefits associated to the healing effects of exploring nature. Discover the difference by joining us for a journey through Ken Reid Park (*transportation limited; first come, first served*)

Movement & Meditation: full body functional movements to increase heartrate and improve mood. It will have a primary focus on breathing, core strengthening, and stretching to make you feel empowered, relaxed, and rejuvenated. If you have a yoga mat, please bring it with you. All fitness levels welcomed. Fee Paid.

Music & Rhythm: Music is a medium that allows for the creative expression of emotions. This can be particularly therapeutic for people that have difficulty expressing themselves through words. People with all skill levels and experience are welcome.

Volunteering at the Humane Society: helping the staff at the Kawartha Lakes Humane Society care for

the cats and dogs in the shelter. (*transportation limited; first come, first served*)

Public Health Talk: Representative from the HKPR Health Unit provides information and resources on a variety of Public Health related topics (ie. smoking cessation, healthy eating, exercise. etc.).

Brain Gym: A combination of discussion and fun activities around exercising your brain.

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

Wellness Bingo: based around the framework of traditional Bingo, Wellness Bingo utilizes wellness-related terms in place of numbers

Coffee & Conversation: Coffee and conversation is an informal drop-in group during which the participants can exchange information with one another while enjoying a hot cup of coffee.

Collective Kitchen: a collective cooking group designed for everyone to be able to help out with preparation, cooking and clean-up. (*Pre-registration required*).

Anxiety: What is anxiety? Causes and our body's response to anxiety, coping strategies and how to apply them.

Fear of aging (gerascophobia): Learn about this little discussed phobia and how this impacts daily living, along with how to reduce symptoms.

Physical Health: Learn what physical health is, why is it important, what does physical wellness look like, and overcoming barriers.

Compassion Fatigue: What is compassion fatigue? Learn about preventative strategies.