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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| ***Join us for the CMHA AGM***  ***5pm***  ***PTBO Sport and Wellness Centre***  ***775 Brealey Dr., PTBO*** | ***This month’s Lunch & Learn topic is***  ***Electrical Safety***  ***C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MOV0YSN2\electric_hazard[1].gif*** |  |  | 1  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30-3:00pm  *Healthy Sleep*  **Movement & Meditation**  3-3:30pm | 2  **REACH CLOSED** |
| 4  **REACH CLOSED FOR LABOUR DAY**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IG19KQS2\MC900441574[1].wmf** | 5  **Garden Group**  10-11am  **Cooking from the Garden**  11-12pm  Cheesy Zucchini **Community Resources**  1-3:30  *Ken Reid Park* | 6  **Arts & Crafts**  10-11:30am  **Bingo**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 7  **Food for Mood**  10-12pm  *Quinoa Salad*  **Cleaning Group**  1:00-1:30pm **Painting with Lesley**  2:00-3:00pm | 8  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30-3:00pm  *Healthy Sleep*  **Movement & Meditation**  3-3:30pm | 9  **Morning Coffee Group**  11:15-12pm  **Fun & Games**  12:30-2pm |
| 11  **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 | 12  **Garden Group**  10-12pm  **Cooking on a Budget**  11-12pm  *Fried Egg Sandwich*  **Art Therapy**  1-2pm  **Community Resources**  2:30-3:30pm  *Tobacco Talk* | 13  **Games**  10:00-11:30  **Wellness Jeopardy**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm  ***CMHA AGM***  ***@ 5pm***  ***775 Brealey Dr. PTBO*** | 14  **Baking Group**  9-11am  **Lunch & Learn**  11-12pm  *Electrical Safety*  **Cleaning Group**  1:00-1:30pm **Writing for Recovery**  2:00-3:00pm | 15  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30pm-3:00pm  *Healthy Sleep*  **Movement & Meditation**  3-3:30pm | 16  **REACH CLOSED** |
| 18  **REACH CLOSED FOR MEETING**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IG19KQS2\MC900441574[1].wmf** | 19  **Garden Group**  10-12pm  **Cooking on a Budget**  11-12pm  *Chicken Burrito Bowl*  **Community Resources**  2:30-3:30pm  *Making emergency cards* | 20  **Arts & Crafts**  10:00-11:30  **Bingo**  1:30pm-2:30pm  **Coffee and Conversation**  2:30-3:30pm | 21  **Food for Mood**  10-12pm  *Blueberry Pancakes*  **Cleaning Group**  1:00-1:30pm  **Peer Support**  2:00-3:00pm | 22  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30pm-3:00pm  *Healthy Sleep*  **Movement & Meditation**  3-3:30pm | 23  **Morning Coffee Group**  11:15-12pm  **Arts & Crafts**  12:30-2pm |
| 25  **Dog Therapy**  9-10am  **Peer Support**  10:00-11:30am  **Rock at REACH**  1:30-3:00pm  @ Old Mill Park | 26  **REACH Townhall**  10-11:30am  **Art Therapy**  1-2pm  **Speaker Series**  2:30-3:30pm | 27  **Games**  10:00-11:30  **Wellness Jeopardy**  1:30pm-2:30pm  **Monthly Celebration**  2:30-3:30pm | 28  **Seasonings Group**  10-12pm  **Cleaning Group**  1:00-1:30pm **Writing for Recovery**  2:00-3:00pm | 29  **Garden Group**  10-12pm  **WRAP**  (*Registration)*  1:30-3:30pm  **Wellness Group**  1:30pm-3:00pm  *Healthy Sleep*  **Movement & Meditation**  3-3:30pm | 30  **REACH CLOSED** |

***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.

**Food for Mood:** a collective cooking group focused around how food impacts your mental health

**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.

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

**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

**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.

**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.