

# Wellness & Recovery Activities Calendar

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May 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b> Writing My WRAP Time: 2:00 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>3</b> WRAP Workshop (Wellness Recovery Action Plan) 1:30 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>4</b> Wellness Group Topic: Emotional Regulation Activity: Movie Time: 1:00 – 3:30 Meet at 466 George Street North.	<b>5</b>
<b>8</b> Peer Support Group Time: 2:00 – 3:00 Meet at 466 George Street North. <i>*New Group Time*</i>	<b>9</b>	<b>10</b> WRAP Workshop (Wellness Recovery Action Plan) 1:30 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>11</b> Wellness Group Topic: Emotional Regulation Activity: Spring Baking Time: 1:00 – 3:30 Meet at 466 George Street North.	<b>12</b>
<b>15</b> Peer Support Group Time: 2:00 – 3:00 Meet at 466 George Street North. <i>*New Group Time*</i>	<b>16</b> Writing My WRAP Time: 2:00 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>17</b> WRAP Workshop (Wellness Recovery Action Plan) 1:30 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>18</b> Wellness Group Topic: Emotional Regulation Activity: Card Games Time: 1:00 – 3:30 Meet at 466 George Street North.	<b>19</b>
<b>22</b> <b>CMHA Closed for Victoria Day</b>	<b>23</b>	<b>24</b> WRAP Workshop (Wellness Recovery Action Plan) 1:30 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>25</b> Wellness Group Topic: Emotional Regulation Activity: Make Your Own Wind Chimes Time: 1:00 – 3:30 Meet at 466 George Street North.	<b>26</b>
<b>29</b> Lunch & Learn (Home Safety) Time: 12:00 – 1:00 Meet at 466 George Street North.  Peer Support Group Time: 2:00 – 3:00 Meet at 466 George Street North. <i>*New Group Time*</i>	<b>30</b> Writing My WRAP Time: 2:00 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>31</b> WRAP Workshop (Wellness Recovery Action Plan) 1:30 – 4:00 Meet at 466 George Street North. <i>Registration Required</i>	<b>Are you caring for someone with mental health challenges? You may be interested in Family WRAP Contact Alicia for more details.</b>	<b>If you play an instrument or like to listen to live music come join Music Express! Friday's 1:30pm – 2:45pm @ Seeds of Change. Contact Susan for more info at extension 2004.</b>



## **2017/2018 Wellness Topics**

**May – Emotional Regulation**

**June – Self Esteem**

**July – Change**

**August – Healthy Sleep**

**September – Stress**

**October – Distress Tolerance**

**November – Depression**

**December – Social Connectedness**

**January – Goal Setting**

**February – Anxiety**

**March – Boundaries**

**April – Assertiveness**