







Kawartha Lakes REACH for Recovery



705-878-3379

March 2018

64 Lindsay St S.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's Lunch & Learn topic is: Personal Hygiene</p> 	<p>This month's Wellness Group Topic is: Stress</p> 		<p>1 Cooking on a Budget - \$3 11-12pm <i>Mini Pizzas</i> WRAP (Registration Req'd) 1:30-4pm Cleaning Group 1:00-1:30pm Peer Support 2:00-3:00pm</p>	<p>2 Wellness Tools 10:00-11:30 <i>Mindfulness</i> Wellness Group 1:30-3:00pm <i>Stress wk1</i> Movement & Meditation 3-3:30pm</p>	<p>3 REACH CLOSED</p> 
<p>5 Dog Therapy 9:30- 10:30 Peer Support 10:30-11:30am Rock at REACH 1:30-3:00pm</p>	<p>6 Food For Mood 10-12pm <i>Turkey burger w/ sweet potato fries</i> Changeways (Registration req'd) 10-11:30am Community Resources 2:30-3:30pm <i>Women's Resources</i></p>	<p>7 MH Wellness Tools 10:00-11:30am <i>Goal Setting</i> Wellness Jeopardy 1:30pm-2:30pm Coffee and Conversation 2:30-3:30pm</p>	<p>8 Lunch & Learn 11:00-12:00pm <i>Personal Hygiene</i> WRAP (Registration Req'd) 1:30-4pm Cleaning Group 1:00-1:30pm Peer Support 2:00-3:00pm</p>	<p>9 Wellness Tools 10:00-11:30 <i>Emotional Regulation</i> Wellness Group 1:30-3:00pm <i>Stress wk2</i> Movement & Meditation 3-3:30pm</p>	<p>10 Community Outing <i>Mood Walk @ Ken Reid</i> 11:15-1:30pm</p>
<p>12 Dog Therapy 9:30- 10:30 Peer Support 10:30-11:30am Rock at REACH 1:30-3:00pm</p>	<p>13 Food For Mood 10-12pm <i>Energy bites w/ dark chocolate</i> Changeways (Registration req'd) 10-11:30am Art Therapy 1-2pm Community Resources 2:30-3:30pm <i>Income Tax Workshop</i></p>	<p>14 Expressive Arts 10-11:30am Bingo 1:30pm-2:30pm Coffee and Conversation 2:30-3:30pm</p>	<p>15 Cooking on a Budget - \$3 11-12pm <i>Stuffed mushrooms</i> WRAP (Registration Req'd) 1:30-4pm Cleaning Group 1:00-1:30pm Peer Support 2:00-3:00pm</p>	<p>16 Wellness Tools 10:00-11:30 <i>Interpersonal Effectiveness</i> Wellness Group 1:30pm-3:00pm <i>Stress wk3</i> Movement & Meditation 3-3:30pm</p>	<p>17 REACH CLOSED</p> 
<p>19 Dog Therapy 9:30- 10:30 Peer Support 10:30-11:30am Rock at REACH 1:30-3:00pm</p>	<p>20 Food For Mood 10-12pm <i>Broccoli and cheddar quiche</i> Changeways (Registration req'd) 10-11:30am Speaker Series 2:00-3:30pm</p>	<p>21 MH Wellness Tools 10:00-11:30am <i>Emotional Intelligence</i> Wellness Jeopardy 1:30pm-2:30pm Coffee and Conversation 2:30-3:30pm</p>	<p>22 Cooking on a Budget - \$3 11-12pm <i>Chicken Pot Pie</i> WRAP (Registration Req'd) 1:30-4pm Cleaning Group 1:00-1:30pm Peer Support 2:00-3:00pm</p>	<p>23 Wellness Tools 10:00-11:30 <i>Distress Tolerance</i> Wellness Group 1:30pm-3:00pm <i>Stress wk 4</i> Movement & Meditation 3-3:30pm</p>	<p>24 Morning Coffee Group 11:15-12pm</p> <p>Wellness Tools 12:30-2pm <i>Stages of Change</i></p>
<p>26 Dog Therapy 9:30- 10:30 Peer Support 10:30-11:30am Rock at REACH 1:30-3:00pm</p>	<p>27 REACH Townhall 10:00-11:30 Changeways (Registration req'd) 10-11:30am Art Therapy 1-2pm Community Resources 2:30-3:30pm <i>Tobacco Talk</i></p>	<p>28 Expressive Arts 10-11:30am Bingo 1:30pm-2:30pm Monthly Celebration 2:30-3:30pm</p>	<p>29 Cooking on a Budget - \$3 11-12pm <i>Spaghetti and meatballs</i> WRAP (Registration Req'd) 1:30-4pm Cleaning Group 1:00-1:30pm Team Building 2:00-3:00pm</p>	<p>30 REACH CLOSED FOR GOOD FRIDAY</p> 	<p>31 REACH CLOSED</p> 

Programs are subject to change due to unforeseen events

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Program Descriptions

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

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.

Expressive Arts: participants can express themselves through creating a variety of arts and crafts items

Food for Mood: a collective cooking group focused around how food impacts your mental health. Pre-Registration required.

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

MH Wellness Tools: education around a variety of tools that individuals can use to maintain their wellness

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

REACH Townhall: Program manager, REACH staff, and REACH members exchange information pertaining to REACH; CIA-G updates, Volunteer updates, Management/agency updates, REACH activities, etc.

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.