



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge
Mental health for all



March 2018 at REACH for Recovery

This month's wellness group topic is stress. This month's Lunch and Learn topic is personal hygiene. Programs are subject to change due to unforeseen events.

Thursday, March 1

- Cooking on a Budget, \$3, 11 a.m. to 12 p.m.
 - Food: Mini Pizzas
- WRAP (registration required), 1:30 p.m. to 4 p.m.
- Cleaning Group, 1 p.m. to 1:30 p.m.
- Peer Support, 2 p.m. to 3 p.m.

Friday, March 2

- Wellness Tools, 10 a.m. to 11:30 a.m.
 - Tool: Mindfulness
- Wellness Group, 1:30 p.m. to 3 p.m.
- Movement and Meditation, 3 p.m. to 3:30 p.m.

Saturday, March 3 – REACH is closed

Monday, March 5

- Dog Therapy, 9:30 a.m. to 10:30 a.m.
- Peer Support, 10:30 a.m. to 11:30 a.m.
- Rock at REACH, 1:30 p.m. to 3 p.m.

Tuesday, March 6

- Food for Mood, 10 a.m. to 12 p.m.
 - Food: Turkey burger with sweet potato fries
- Changeways (registration required), 10 a.m. to 11:30 a.m.
- Community Resources, 2:30 p.m. to 3:30 p.m.
 - Women's Resources

Wednesday, March 7

- Mental Health Wellness Tools, 10 a.m. to 11:30 a.m.
 - Tool: Goal Setting
- Wellness Jeopardy, 1:30 p.m. to 2:30 p.m.
- Coffee and Conversation, 2:30 p.m. to 3:30 p.m.



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Thursday, March 8

- Lunch and Learn, 11 a.m. to 12 p.m.
- WRAP (registration required), 1:30 p.m. to 4 p.m.
- Cleaning Group, 1 p.m. to 1:30 p.m.
- Peer Support, 2 p.m. to 3 p.m.

Friday, March 9

- Wellness Tools, 10 a.m. to 11:30 a.m.
 - Tool: Emotional Regulation
- Wellness Group, 1:30 p.m. to 3 p.m.
- Movement and Meditation, 3 p.m. to 3:30 p.m.

Saturday, March 10

- Community Outing, 11:15 a.m. to 1:30 p.m.
 - Mood Walk at Ken Reid

Monday, March 12

- Dog Therapy, 9:30 a.m. to 10:30 a.m.
- Peer Support, 10:30 a.m. to 11:30 a.m.
- Rock at REACH, 1:30 p.m. to 3 p.m.

Tuesday, March 13

- Food for Mood, 10 a.m. to 12 p.m.
 - Food: Energy bites with dark chocolate
- Changeways (registration required), 10 a.m. to 11:30 a.m.
- Art Therapy, 1 p.m. to 2 p.m.
- Community Resources, 2:30 p.m. to 3:30 p.m.
 - Income Tax Workshop

Wednesday, March 14

- Expressive Arts, 10 a.m. to 11:30 a.m.
- Bingo, 1:30 p.m. to 2:30 p.m.
- Coffee and Conversation, 2:30 p.m. to 3:30 p.m.

Thursday, March 15

- Cooking on a Budget, \$3, 11 a.m. to 12 p.m.
 - Food: Stuffed mushrooms
- WRAP (registration required), 1:30 p.m. to 4 p.m.
- Cleaning Group, 1 p.m. to 1:30 p.m.



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- Peer Support, 2 p.m. to 3 p.m.

Friday, March 16

- Wellness Tools, 10 a.m. to 11:30 a.m.
- Tool: Interpersonal Effectiveness
- Wellness Group, 1:30 p.m. to 3 p.m.
- Movement and Meditation, 3 p.m. to 3:30 p.m.

Saturday, January 17 – REACH is closed

Monday, March 19

- Dog Therapy, 9:30 a.m. to 10:30 a.m.
- Peer Support, 10:30 a.m. to 11:30 a.m.
- Rock at REACH, 1:30 p.m. to 3 p.m.

Tuesday, March 20

- Food for Mood, 10 a.m. to 12 p.m.
 - Food: Broccoli and cheddar quiche
- Changeways (registration required), 10 a.m. to 11:30 a.m.
- Speaker Series, 2 p.m. to 3:30 p.m.

Wednesday, March 21

- Mental Health Wellness Tools, 10 a.m. to 11:30 a.m.
 - Tool: Emotional Intelligence
- Wellness Jeopardy, 1:30 p.m. to 2:30 p.m.
- Coffee and Conversation, 2:30 p.m. to 3:30 p.m.

Thursday, March 22

- Cooking on a Budget, \$3, 11 a.m. to 12 p.m.
 - Food: Chicken Pot Pie
- WRAP (registration required), 1:30 p.m. to 4 p.m.
- Cleaning Group, 1 p.m. to 1:30 p.m.
- Peer Support, 2 p.m. to 3 p.m.

Friday, March 23

- Wellness Tools, 10 a.m. to 11:30 a.m.
 - Tool: Distress tolerance
- Wellness Group, 1:30 p.m. to 3 p.m.
- Movement and Meditation, 3 p.m. to 3:30 p.m.



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Saturday, March 24

- Morning Coffee Group, 11:15 a.m. to 12 p.m.
- Wellness Tools, 12:30 p.m. to 2 p.m.
 - Tool: Stages of Change

Monday, March 26

- Dog Therapy, 9:30 a.m. to 10:30 a.m.
- Peer Support, 10:30 a.m. to 11:30 a.m.
- Rock at REACH, 1:30 p.m. to 3 p.m.

Tuesday, March 27

- REACH Townhall, 10 a.m. to 11:30 a.m.
- Changeways (registration required), 10 a.m. to 11:30 a.m.
- Art Therapy, 1 p.m. to 2 p.m.
- Community Resources, 2:30 p.m. to 3:30 p.m.
 - Tobacco Talk

Wednesday, March 28

- Expressive Arts, 10 a.m. to 11:30 a.m.
- Bingo, 1:30 p.m. to 2:30 p.m.
- Monthly Celebration, 2:30 p.m. to 3:30 p.m.

Thursday, March 29

- Cooking on a Budget, \$3, 11 a.m. to 12 p.m.
 - Food: Spaghetti and meatballs
- WRAP (registration required), 1:30 p.m. to 4 p.m.
- Cleaning Group, 1 p.m. to 1:30 p.m.
- Team Building, 2 p.m. to 3 p.m.

Friday, March 30 – REACH closed for Good Friday

Saturday, March 31 – REACH is closed