

# Peterborough Wellness and Recovery Activities Calendar

## April 2018 – Monthly Wellness Topic: Assertiveness

Monday	Tuesday	Wednesday	Thursday	Friday
2 C.M.H.A. offices closed	3	4	5 <b>Wellness Group</b> 2 p.m. to 3:30 p.m. 466 George St. North	6 <b>WRAP</b> 1 p.m. to 3 p.m. <b>**Registration is required</b> 466 George St. North
9	10	11	12 <b>Wellness Group</b> 2 p.m. to 3:30 p.m. *Week 1 Review 1:30 p.m. to 2 p.m. 466 George St. North	13 <b>WRAP</b> 1 p.m. to 3 p.m. <b>**Registration is required</b> 466 George St. North
16	17	18	19 <b>Wellness Group</b> 2 p.m. to 3:30 p.m. *Week 1 & 2 Review 1:30 p.m. to 2 p.m. 466 George St. North	20 <b>WRAP</b> 1 p.m. to 3 p.m. <b>**Registration is required</b> 466 George St. North
23	24	25	26 <b>Wellness Group</b> 2 p.m. to 3:30 p.m. *Week 1 to 3 Review 1:30 p.m. to 2 p.m. 466 George St. North	27 <b>WRAP</b> 1 p.m. to 3 p.m. <b>**Registration is required</b> 466 George St. North
30	Crisis Food Cupboard is available at C.M.H.A. reception the second, third and fourth Friday of the month.	*If you miss certain weeks of the Wellness Group, we encourage you to attend the review sessions prior to the next group starting.	**To register for WRAP (Wellness Recovery Action Plan), call Carli Mulligan at extension 2068 or email <a href="mailto:cmulligan@cmhahkpr.ca">cmulligan@cmhahkpr.ca</a>	"Create boundaries. Honour your limits. Say no. Take a break. Let go. Stay grounded. Nurture your body. Love your vulnerability and if all else fails, breathe deeply." - Aletheia Luna

**Notes:**

- Please note that programs are subject to change in the event of an emergency.