

# Peterborough Wellness and Recovery Activities Calendar

## May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 <b>Wellness Group Emotional Regulation</b> 1 p.m. to 2:30 p.m. 466 George St. North	4
7 <b>Mood Walk</b> 1 p.m. to 2 p.m. 466 George St. North	8	9	10 <b>Wellness Group Self-Esteem</b> 1 p.m. to 2:30 p.m. 466 George St. North	11
14 <b>Activity</b> 1 p.m. to 2 p.m. 466 George St. North	15	16	17 <b>Wellness Group Change</b> 1 p.m. to 2:30 p.m. 466 George St. North	18
21 <b>C.M.H.A. H.K.P.R. closed for Victoria Day</b>	22	23	24 <b>Wellness Group Healthy Sleep</b> 1 p.m. to 2:30 p.m. 466 George St. North	25
28 <b>Activity</b> 1 p.m. to 2 p.m. 466 George St. North	29	30	31 <b>No group today.</b>	<b>Wellness Fact:</b> Eating at the same time each day can help with emotional regulation. Low blood sugar can cause volatile emotions that can make coping with mental health more challenging.

**Notes:**

- To register for WRAP(Wellness Recovery Action Plan), an 8-week workshop, call Carli Mulligan 705-748-6711 extension 2068 or email [cmulligan@cmhahkpr.ca](mailto:cmulligan@cmhahkpr.ca)
- Please note that programs are subject to change in the event of an emergency.