

Peterborough Wellness and Recovery Activities Calendar

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
"The best bridge between despair and hope is a good night's sleep." - E. Joseph Cossman	WRAP (Wellness Recovery Action Plan) 8-week workshop. To register, contact Carli Mulligan at extension 2068 or cmulligan@cmhahkpr.ca	1	2 Wellness Group Nutrition 1 p.m. to 3 p.m. 466 George St. North	3
6 C.M.H.A. Closed for Civic Holiday	7	8	9 Wellness Group Physical Health 1 p.m. to 3 p.m. 466 George St. North	10
13 Mood Walk 1 p.m. to 2 p.m. 466 George St. North	14	15	16 Wellness Group Guilt 1 p.m. to 3 p.m. 466 George St. North	17
20 Social Recreation 1 p.m. to 2 p.m. 466 George St. North	21	22	23 Wellness Group Forgiveness 1 p.m. to 3 p.m. 466 George St. North	24
27 Mood Walk 1 p.m. to 2 p.m. 466 George St. North	28	29 *If you miss certain weeks of the Wellness Group, we encourage you to attend the review sessions prior to the next group starting.	30 No Group	31 Crisis Food Cupboard is available at C.M.H.A. Reception are on the second, third and fourth Friday of the month, between 2 and 4 p.m.

Notes:

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