


Kawartha Lakes REACH for Recovery September 2018



705-878-3379

64 Lindsay St S.

24Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>REACH CLOSED FOR LABOUR DAY</p> 	<p>4</p>	<p>5</p> <p>Peer Support 9-10</p> <p>Sports @ Memorial Park 10:15-12 <i>(weather dependent)</i></p> <p>"Green Living" Make and Take 1-3 <i>(registration req'd)</i></p>	<p>6</p> <p>ESCAPE ROOM 11-2 <i>(registration req'd)</i></p> 	<p>7</p> <p>Body & Soul @ Victoria Park Armory 9-10 <i>(space limited; first come first served)</i></p> <p>Anxiety wk 1 10:15-12 <i>(registration req'd)</i></p> <p>Emotional Regulation 1-2:45</p> <p>Movement & Meditation @ Rec Centre 3-4</p>
<p>10</p> <p>Dog Therapy 9-10</p> <p>Mood Walk 10:15-12 <i>(transportation limited)</i></p> <p>Rockin' & Rhythm Music Group 1-2:45</p> <p>Coffee and Conversation 3-4</p>	<p>11</p> <p>Emily Park Outing 10-2 <i>(registration req'd)</i></p> 	<p>12</p> <p>Fitness @ Rec centre 9-10 <i>(space limited; first come first served)</i></p> <p>Sports @ Boys & Girls Club 10:15-12</p> <p>Art Therapy 1-2:45</p> <p>Group Creative Problem Solving 3-4pm</p>	<p>13</p>	<p>14</p> <p>Body & Soul @ Victoria Park Armory 9-10</p> <p>Anxiety wk 2 10:15-12 <i>(registration req'd)</i></p> <p>Self Esteem 1-2:45</p> <p>Movement & Meditation @ Rec Centre 3-4</p>
<p>17</p> <p>Dog Therapy 9-10</p> <p>Mood Walk 10:15-11:30 <i>(transportation limited)</i></p> <p>Lunch & Learn 12-1 <i>Stay Well With The Flu Shot</i></p> <p>Rockin' & Rhythm Music Group 1-2:45</p> <p>Bowling 3-4 <i>(space limited; first come first served)</i></p>	<p>18</p>	<p>19</p> <p>Squash @ Rec centre 9-10 <i>(space limited; first come first served)</i></p> <p>Sports @ Memorial Park 10:15-12 <i>(weather dependent)</i></p> <p>Adopt-a-Road 1:30-3:30 <i>(weather dependent; rain date TBA)</i></p>	<p>20</p>	<p>21</p> <p>Body & Soul @ Victoria Park Armory 9-10</p> <p>Anxiety wk 3 10:15-12 <i>(registration req'd)</i></p> <p>Change 1-2:45</p> <p>Movement & Meditation @ Rec Centre 3-4</p>
<p>24</p> <p>Dog Therapy 9-10</p> <p>Mood Walk 10:15-12 <i>(transportation limited)</i></p> <p>Rockin' & Rhythm Music Group 1-2:45</p> <p>Coffee and Conversation 3-4</p>	<p>25</p>	<p>26</p> <p>Fitness @ Rec centre 9-10</p> <p>Sports @ Boys & Girls Club 10:15-12</p> <p>Art Therapy 1-2:45</p> <p>Group Creative Problem Solving 3-4pm</p>	<p>27</p>	<p>28</p> <p>Body & Soul @ Victoria Park Armory 9-10</p> <p>Anxiety wk 4 10:15-12 <i>(registration req'd)</i></p> <p>Healthy Sleep 1-2:45</p> <p>Movement & Meditation @ Rec Centre 3-4</p>

Programs are subject to change due to unforeseen events

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Program Descriptions

Anxiety Group: 4 week MH series designed to provide education and solicit sharing of personal experience. *(registration required)*

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

Bowling: group bowling at Strike Point Bowling. Fees paid. *(space limited; first come first served)*

Body & Soul: A gentle class designed with fluid movements providing cardio conditioning, muscular toning and strength as well as flexibility, balance and coordination training. A complete workout to improve overall wellness and everyday function. Membership paid. *(space limited; first come first served)*

Coffee and Conversation: an informal drop-in group during which the participants can exchange information with one another.

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.

Group Creative Problem Solving: a variety of team building exercises designed to improve communication and socialization skills

Fitness: use of the fitness gym at the Lindsay Rec centre. Membership paid. All fitness levels welcome. *(space limited; first come first served)*

Friday Afternoon MH Workshop: 1 hour educational group designed to provide participants with an overview and discussion of a specific MH topic

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

Mood Walk: nature walking group that provides opportunities for mindfulness skills, social interaction and community exploration. *(transportation limited; first come first served)*

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. Fee Paid.

Peer Support: individuals can share barriers, difficulties and experiences with their Peers and receive feedback and suggestions based on others' experiences with similar situations

Rockin' & Rhythm Music Group: 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.

Sports: use of the gymnasium at the Boys and Girls Club to play team sports. All fitness levels welcome.

****NOTE: THERE WILL NO LONGER BE DROP-IN TIMES OR ACTIVITIES OFFERED AT THE REACH CENTRE**