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| Monday | Wednesday | Friday |
|  |  | **March 1** |
|  |  | **Body & Soul** (Armory): 9-10 a.m.  **Goal Setting**: 10:30-noon  **Emotional Regulation**: 1-2:45 p.m.  **Movement & Meditation** (Armory): 3-4 p.m. |
| March 4 | **March 6** | **March 8** |
| \*Mood Walk: 10:15-11:45 a.m.  Music & Rhythm Group: 1-2:45 p.m.  Peer Support: 3-4 p.m. | **\*\*Fitness** (Rec Centre): 9-10 a.m.  **Sports** (Boys & Girls Club): 10:15-noon  **\*\*\*Beginner painting workshop (fee $6.25):** 1-4p.m. | **REACH CLOSED UNTIL 1P.M.**  **Emotional Regulation**: 1-2:45 p.m.  **Movement & Meditation** (Armory): 3-4 p.m. |
| March 11 | **March 13** | **March 15** |
| \*Mood Walk: 10:15-11:45 a.m.  Lunch & Learn (Personal Hygiene): 12-1p.m.  Music & Rhythm Group: 1-2:45 p.m.  Peer Support: 3-4 p.m. | **\*\*Squash** (Rec Centre): 9-10 a.m.  **\*\*\*Collective Kitchen (lasagna)**10:15-noon  **Art Therapy**: 1-2:45 p.m.  **Tobacco Talk**: 3-4 p.m. | **Body & Soul** (Armory): 9-10 a.m.  **Anxiety**: 10:30-noon  **Emotional Regulation**: 1-2:45 p.m.  **Movement & Meditation** (Armory): 3-4 p.m. |
| March 18 | **March 20** | **March 22** |
| \*Mood Walk: 10:15-11:45 a.m.  Music & Rhythm Group: 1-2:45 p.m.  Peer Support: 3-4 p.m. | **\*\*Fitness** (Rec Centre): 9-10 a.m.  **Sports** (Boys & Girls Club): 10:15-noon  **Coffee & Conversation:** 1-2:15p.m.  **Volunteering at the Humane Society**:2:30-3:30 p.m. | **Body & Soul** (Armory): 9-10 a.m.  **Nutrition:** 10:30-noon  **Emotional Regulation**: 1-2:45 p.m.  **Movement & Meditation** (Armory): 3-4 p.m. |
| March 25 | **March 27** | **March 29** |
| \*Mood Walk: 10:15-11:45 a.m.  Music & Rhythm Group: 1-2:45 p.m.  Peer Support: 3-4 p.m. | **\*\*Fitness** (Rec Centre): 9-10 a.m.  **Jeopardy**: 10:15-11:30a.m.  **Art Therapy**: 1-2:45 p.m.  **Cleaning Group:** 3-4p.m | **Body & Soul** (Armory): 9-10 a.m.  **Physical Health:** 10:30-noon  **Emotional Regulation**: 1-2:45 p.m.  **Movement & Meditation** (Armory): 3-4 p.m. |

Special Events:

* Mar 6: Beginner painting workshop 1-4pm (cost $6.25)
* Mar 13: Collective Kitchen (lasagna) 10:15-noon

**Art Therapy**: Form of expressive therapy that uses the creative process of making art to improve a person’s physical, mental and emotional wellbeing. Facilitated by a registered art therapist.

**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)*

**Peer Support**: An essential component of the mental health system and a key contributor in the recovery process. Be part of a guided conversation between people with lived experience. This group provides a venue to get and give support to other community members facing mental health concerns in a safe, comfortable, and non-judgmental environment.

**Fitness:** Engagement in physical activity can lift your mood, assist with concentration, help you sleep better and reduce symptoms of depression, anxiety and stress. Join us in the fitness gym at the Lindsay Rec Centre to reap the benefits of physical activity. Membership paid. All fitness levels welcome. *(space limited)*

**Lunch & Learns:** Education, skills and strategies related to personal and environmental safety issues are shared, snacks and drinks provided.

**Mood Walk:** Experience the physical and mental health benefits associated to the healing effects of exploring nature. Discover the difference by joining us for a journey through Ken Reid Park (*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.

**Music & Rhythm:** Music is a medium that allows for the creative expression of emotions. This can be particularly therapeutic for people that have difficulty expressing themselves through words. People with all skill levels and experience are welcome.

**Sports:**  Participation in team sports provides a venue for: collaboration and team work, social interaction, belonging, leadership skills, respect for diverse abilities of others, camaraderie and the development of friendships and physical health benefits. Join us at REACH or in the gymnasium at the Boys and Girls Club to play team sports. All fitness levels welcome.

**Volunteering at the Humane Society:** helping the staff at the Kawartha Lakes Humane Society care for the cats and dogs in the shelter. *(transportation limited; first come, first served)*

**Tobacco Talk:** Representative from the HKPR Health Unit provides information and resources on tobacco use and cessation.

**Emotional Regulation:** 4 week educational series.What is emotional regulation? How does it affect you? Learn strategies to manage and respond to your emotions and the emotions of others.

**Goal Setting:** What is goal setting? How is it helpful? Learn strategies to set and achieve goals.

**Anxiety:** What is anxiety? Causes and our bodies response to anxiety, coping strategies and how to apply them.

**Nutrition:** Learn how nutrition can positively or negatively impact your body and mind. Discuss foods that are proven to improve one’s mood.

**Physical Health:** What is physical health and why is it important? Learn what it means to be physically healthy and tips on how to achieve it.

**Jeopardy:** a series of wellness-related trivia questions based around the framework of the TV gameshow Jeopardy.

**Beginner Painting Workshop:** Create a one-of-a-kind birch tree painting through peer instruction.

**Coffee & Conversation:** Coffee and conversation is an informal drop-in group during which the participants can exchange information with one another while enjoying a hot cup of coffee.