

# REACH for Recovery – May 2019

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64 Lindsay St. S.



Monday	Wednesday	Friday
	<b>May 1</b> <b>REACH CLOSED</b> 	<b>May 3</b> <b>***Collective Kitchen (Spaghetti &amp; Meatballs):</b> 9-10 a.m. <b>Forgiveness:</b> 10:30-noon <b>Artistic Expressions:</b> 1-2:45 p.m. <b>Movement &amp; Meditation (REACH):</b> 3-4 p.m.
<b>May 6</b> <b>*Mood Walk:</b> 10:15-11:45 a.m. <b>Music &amp; Rhythm Group (Old Mill Park):</b> 1-2:45 p.m. <b>Peer Support (Old Mill):</b> 3-4 p.m.	<b>May 8</b> <b>**Squash (Rec Centre):</b> 9-10 a.m. <b>Distress Tolerance:</b> 10:30-noon <b>Art Therapy (Silk Screen designs):</b> 1-2:45 p.m. <b>Garden Clean-Up:</b> 3-4p.m.	<b>May 10</b> <b>REACH CLOSED UNTIL 1P.M.</b> <b>*Mood Walk:</b> 1-2:45 p.m. <b>Movement &amp; Meditation (REACH):</b> 3-4 p.m.
<b>May 13</b> <b>*Mood Walk:</b> 10:15-11:45 a.m. <b>Lunch &amp; Learn (Home Safety):</b> 12-1p.m. <b>Music &amp; Rhythm Group:</b> 1-2:45 p.m. <b>Peer Support:</b> 3-4 p.m.	<b>May 15</b> <b>Coffee and Conversation/Picnic Prep:</b> 9-10 a.m. <b>Nature Walk and Picnic Outing (Emily Tract):</b> 10a.m.-2p.m. <b>Volunteering at the Humane Society:</b> 2:30-3:30 p.m.	<b>May 17</b> <b>Social Recreation (Memorial Park):</b> 9-10a.m. <b>Change:</b> 10:30-noon <b>Artistic Expressions:</b> 1-2:45 p.m. <b>Movement &amp; Meditation (REACH):</b> 3-4 p.m.
<b>May 20</b> <b>CLOSED FOR VICTORIA DAY</b> 	<b>May 22</b> <b>**Squash (Rec Centre):</b> 9-10 a.m. <b>Distress Tolerance:</b> 10:30-noon <b>Art Therapy (Silk Screen prints):</b> 1-2:45 p.m. <b>Tobacco Talk:</b> 3-4 p.m.	<b>May 24</b> <b>Adopt-a-Road:</b> 9-11a.m. <b>Peer Support:</b> 11-12p.m. <b>*Mood Walk:</b> 1-2:45 p.m. <b>Movement &amp; Meditation (REACH):</b> 3-4 p.m.
<b>May 27</b> <b>*Mood Walk:</b> 10:15-11:45 a.m. <b>Music &amp; Rhythm Group (ValuMart):</b> 1-2:45 p.m. <b>Peer Support:</b> 3-4 p.m.	<b>May 29</b> <b>**Fitness (Rec Centre):</b> 9-10 a.m. <b>Distress Tolerance:</b> 10:30-noon <b>Wellness Bingo:</b> 1-2p.m <b>Volunteering at the Humane Society:</b> 2:30-3:30 p.m.	<b>May 31</b> <b>Social Recreation (Memorial Park):</b> 9-10a.m. <b>Stress:</b> 10:30-noon <b>Artistic Expressions:</b> 1-2:45 p.m. <b>Movement &amp; Meditation (REACH):</b> 3-4 p.m.

## Special Events:

- PhotoVoice: Tuesdays 10-12pm begins May 7 (*Registration required*)
- **May 15:** Nature Walk and Picnic Outing (*Emily Tract*): 10a.m.-2p.m. (*Registration required*)
- May 24: Adopt-a-Road clean-up, 9-11a.m.

\* Transportation Limited \*\*Space limited; first come first served \*\*\* Registration Required

## Program Descriptions

**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.

**Artistic Expressions:** An opportunity for participants to take part in expressing themselves through creating art in various forms.

**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.

**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.

**Collective Kitchen:** a collective cooking group designed for everyone to be able to help out with preparation, cooking and clean-up. *(Pre-registration required)*.

**Forgiveness:** What is forgiveness? Learn how and when to forgive ourselves and others.

**Change:** Why do we find change so challenging? Review the benefits of change, the stages of change and learn methods for accepting and coping with change.

**Healthy Sleep:** How does sleep influence our mood and functioning? What impacts our sleep? Develop an understanding of the stages of sleep, and strategies to develop a healthy sleep routine.

**Stress:** What is stress? Causes and our body's response to stress, stress management strategies and how to apply them.

**Distress Tolerance:** 4 week group. What is distress tolerance? Learn how to understanding emotions, accept distress, and problem solve.

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

**Wellness Bingo:** based around the framework of traditional Bingo, Wellness Bingo utilizes wellness-related terms in place of numbers

**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.

**Social Recreation:** recreation is an essential element of human nature and wellness. Join us in the park for leisurely group activities