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| Monday | Wednesday | Friday |
|  |  | **August 2** |
|  |  | **\*\*\*Collective Kitchen (veggie burgers):** 9-10 a.m.  **Journaling**: 10:30-noon  **Artistic Expressions:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| August 5 | **August 7** | **August 9** |
| REACH CLOSED FOR CIVIC HOLIDAY  C:\Users\ssanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AN6GLJW9\Closed-Sign[1].png | **Squash** (Rec Centre): 9-10 a.m.  **Self Esteem:** 10:30-noon  **Wellness Jeopardy:** 1-2 p.m.  **Volunteering at the Humane Society**: 2:30-3:30 p.m. | C:\Users\ssanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AN6GLJW9\Closed-Sign[1].png  **REACH CLOSED UNTIL 1P.M.**  \***Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| August 12 | **August 14** | **August 16** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  Lunch & Learn (Knife Safety): 12 -1p.m.  Music & Rhythm Group: 1-2:45 p.m.  Movement & Meditation (REACH): 3-4 p.m. | **Fitness** (Rec Centre): 9-10 a.m.  **Self Esteem:** 10:30-noon  **Art Therapy**: 1-2:45 p.m. | **\*\*\*Heritage Centre Outing** 9-2:30 p.m.  **Peer Support**: 3-4 p.m. |
| August 19 | **August 21** | **August 23** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  \*Music & Rhythm Group (Victoria Park): 1-2:45 p.m.  Movement & Meditation (REACH): 3-4 p.m. | **Squash** (Rec Centre): 9-10 a.m.  **Self Esteem:** 10:30-noon  **Wellness Bingo:** 1-2 p.m.  **Volunteering at the Humane Society**: 2:30-3:30 p.m. | \***Social Recreation** (Memorial Park)**:** 9-10 a.m.  **Vulnerability**: 10:30-noon  \***Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| August 26 | **August 28** | **August 30** |
| \*\*\*Milltown Mini Golf Centre: 9:00 – 1:00 p.m.  Music & Rhythm Group: 1-2:45 p.m.  Movement & Meditation (REACH): 3-4 p.m. | **Fitness** (Rec Centre): 9-10 a.m.  **Self Esteem:** 10:30-noon  **Art Therapy**: 1-2:45 p.m.  **Public Health Talk**: 3-4 p.m. | **Brain Gym:** 9 – 12:00 p.m.  **Artistic Expressions:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |

**Special Events:**

* **August 16:** Heritage Centre Outing: fishing, picnic and other activities. Registration required.
* **August 26**: Milltown Mini Golf Centre (Peterborough): Space limited, registration required.

**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.

**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)*

**Public Health Talk:** Representative from the HKPR Health Unit provides information and resources on a variety of Public Health related topics (ie. smoking cessation, healthy eating, exercise. etc.).

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

**Self Esteem:** What is self-esteem? Internal and external influences on self-esteem and methods to assist in building self-esteem.

**Brain Gym:** A combination of discussion and fun activities around exercising your brain.

**Vulnerability:** What does it mean to be vulnerable and how does vulnerability impact our relationship with ourselves and others. We will hear from Brene Brown and have a discussion around this topic.

**Journaling:** A chance to explore how journaling can be beneficial for mental health and ideas for how to go about it. An opportunity to try ideas out in group.

**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