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| Monday | Wednesday | Friday |
| September 2 | **September 4** | **September 6** |
| REACH CLOSED for Labour Day  C:\Users\ssanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AN6GLJW9\Closed-Sign[1].png | **Squash** (Rec Centre): 9-10 a.m.  **Distress Tolerance:** 10:30-12:00 p.m.  **Wellness Jeopardy:** 1-2 p.m.  **Volunteering at the Humane Society**: 2:30-3:30 p.m. | **\*\*\*Indian River Reptile and Dinosaur Park:** 9-1 p.m.  **Artistic Expressions:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| September 9 | **September 11** | **September 13** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  Lunch & Learn (Electrical Safety): 12 -1p.m.  Music & Rhythm Group: 1-2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Fitness** (Rec Centre): 9-10 a.m.  **Interpersonal Effectiveness:** 10:30-12:00 p.m.  **Art Therapy**: 1-2:45 p.m.  **PTSD Awareness:** 3-4 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. |
| September 16 | **September 18** | **September 20** |
| \*\*\*Peterborough Zoo and picnic: 9-1 p.m.  Music & Rhythm Group: 1:30-2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Squash** (Rec Centre): 9-10 a.m.  **Emotional Regulation:** 10:30-12:00 p.m.  **Wellness Bingo:** 1-2 p.m.  **\*\*\*CMHA AGM** (Peterborough Golf & Country Club): 5:00p.m. – bus leaves at 3:30 p.m. from CMHA | **Social Recreation (Memorial Park):** 9-10:30 a.m.  **Brain Gym:** 11:00-12 p.m.  **Artistic Expressions:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| September 23 | **September 25** | **September 27** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  BBQ & Music: 12:30-2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Fitness** (Rec Centre): 9-10 a.m.  **Mindfulness:** 10:30-12:00 p.m.  **Art Therapy**: 1-2:45 p.m.  **Public Health Talk**: 3-4 p.m. | **\*\*\*Lindsay Golf & Country Club:** 9-11:30 a.m.  \***Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| September 30 |  |  |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  \*Music & Rhythm Group (Old Mill Park): 1-2:45 p.m.  Movement & Meditation: 3-4 p.m. |  |  |

**Special Events:**

* **Changeways:** Tuesdays from 10:00 – 11:30 a.m. beginning September 10th (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.).

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

**Interpersonal Effectiveness:** Learn how to make and maintain healthy relationships, resolve conflict when it occurs, and get needs met in a balanced way.

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

**Mindfulness:** learn how to experience the present moment non-judgementally, without getting stuck on painful memories from the past or anxious thoughts about the future

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

**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