|  |  |  |
| --- | --- | --- |
| Monday | Wednesday | Friday |
|  | **January 1** | **January 3** |
|  | **REACH CLOSED FOR NEW YEARS DAY**  **C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OFDCG6DL\snoopy_happy_new_year[1].png** | **Coffee & Conversation**: 9-10 a.m.  **Coping with Stress**: 10:30-12 p.m.  **\*Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| January 6 | **January 8** | **January 10** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  Music & Rhythm Group: 1-2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Squash** (Rec Centre): 9-10 a.m.  **Eating Disorders:** 10:30-12:00 p.m.  **Art Therapy**: 1-2:45 p.m.  **Wellness Bingo**: 3-4 p.m. | **REACH CLOSED UNTIL 1p.m.**  **Artistic Expressions:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| January 13 | **January 15** | **January 17** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  Lunch & Learn (The Dangers of Hoarding): 12 -1p.m.  Music & Rhythm Group: 1-2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Fitness** (Rec Centre): 9-10 a.m.  **Eating Disorders:** 10:30-12:00 p.m.  **Humane Society:** 1:30-2:30 p.m.  **\*\*Bowling:** 2:45-4 p.m. | **\*\*\*Collective Kitchen (Pancakes):** 9:00-10 a.m.  **Improving How You Feel:** 10:30-12 p.m.  **\*Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| January 20 | **January 22** | **January 24** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  Music & Rhythm Group: 1 - 2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Squash** (Rec Centre): 9-10 a.m.  **Eating Disorders:** 10:30-12:00 p.m.  **Art Therapy**: 1-2:45 p.m.  **Wellness Jeopardy**: 3-4 p.m. | **Brain Gym:** 9-10 a.m.  **Thinking & Feeling:** 10:30-12 p.m.  **Artistic Expressions:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| January 27 | **January 29** | **January 31** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  Music & Rhythm Group: 1-2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Fitness** (Rec Centre): 9-10 a.m.  **Eating Disorders:** 10:30-12:00 p.m.  **Humane Society:** 1:30-2:30 p.m.  **Public Health Talk**: 3-4 p.m. | **Coffee & Conversation**: 9-10 a.m.  **Changing your Thinking:** 10:30-12 p.m.  **\*Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |

**Special Events:**

* **January 15:** \*\*Bowling outing at Strike Point Bowling Center: 2:45-4 p.m.

**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.).

**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.

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

**Eating Disorders:** What is the difference between regular eating and disordered eating? How do eating disorders develop and how do they effect us?

**Coping with Stress:** What is stress? Learn to identify symptoms or stress and tips to help manage our stress

**Improving How You Feel:** Our feelings and actions are based on our perception of life events. Learn how to identify our thoughts and feelings, and understand why we are having them

**Thinking & Feeling:** Learn about how our thoughts, beliefs and interpretations impact our emotions and our actions

**Changing Your Thinking:** Learn how to challenge and change our unhelpful thoughts and beliefs