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| Monday | Wednesday | Friday |
| February 3 | **February 5** | **February 7** |
| 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.  **PTSD:** 10:30-12:00 p.m.  **Wellness Bingo:** 1 – 2 p.m.  **Humane Society:** 2:30-3:30 p.m. | **\*\*\*Nordic Ski Club:** 8:45 – 2:30 p.m.  **Peer Support**: 3-4 p.m. |
| February 10 | **February 12** | **February 14** |
| 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.  **PTSD:** 10:30-12:00 p.m.  **Art Therapy**: 1-2:45 p.m.  **Peer Support**: 3-4 p.m. | **REACH CLOSED UNTIL 1p.m.**  **\*Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| February 17 | **February 19** | **February 21** |
| REACH CLOSED FOR  FAMILY DAY  C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QGOTV2WW\family_cartoon[1].jpg | **Fitness** (Rec Centre): 9-10 a.m.  **PTSD:** 10:30-12:00 p.m.  **Wellness Jeopardy**: 1-2 p.m.  **Humane Society:** 2:30-3:30 p.m. | **\*\*\*Collective Kitchen (Breakfast Sandwich):** 9:00-10 a.m.  **Personality Disorders:** 10:30-12 p.m.  **Artistic Expressions:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
| February 24 | **February 26** | **February 28** |
| Coffee & Conversation: 9-10 a.m.  \*Mood Walk: 10:15-11:45 a.m.  Lunch & Learn (Fire Safety): 12-1 p.m.  Music & Rhythm Group: 1 - 2:45 p.m.  Movement & Meditation: 3-4 p.m. | **Squash** (Rec Centre): 9-10 a.m.  **PTSD:** 10:30-12:00 p.m.  **Art Therapy**: 1-2:45 p.m.  **Public Health Talk**: 3-4 p.m. | **Brain Gym:** 9-10 a.m.  **Schizophrenia:** 10:30-12 p.m.  **\*Mood Walk:** 1-2:45 p.m.  **Peer Support**: 3-4 p.m. |
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**Special Events:**

* **February 7:** \*\*\*Nordic Ski Club outing (cross-country skiing): 8:45 – 2:30 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).*

**PTSD:** Learn about the causes and maintaining factors of Post Traumatic Stress Disorder. Receive information and tools to help cope with symptoms of PTSD.

**Schizophrenia:** What is Schizophrenia? Learn about the facts and myths of Schizophrenia, symptoms and causes, and ways to treat it.

**Personality Disorders:** What does it mean to have a Personality Disorder? Learn about the symptoms, causes and treatment for Personality Disorders