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| Monday | Wednesday | Friday |
| February 1 | **February 3** | **February 5** |
| Peer Support: 9:30-10:30 a.m. (ZOOM)  Movement & Meditation: 11-12 p.m. (ZOOM)  Health & Wellness Talks: 3-4 p.m. (ZOOM) | **Art Therapy**: 1-2:00 p.m.  **(ZOOM)**  **Wellness group:** 2:15 – 3:30 p.m. **(ZOOM)** | **Mind & Body:** 9:30-10:30 a.m. **(ZOOM)**  **Peer Support:** 10:45-11:45 a.m. **(ZOOM)**  **Wellness group:** 2:15-3:15 p.m. **(ZOOM)** |
| February 8 | **February 10** | **February 12** |
| Peer Support: 9:30-10:30 a.m. (ZOOM)  Movement & Meditation: 11-12 p.m. (ZOOM)  Health & Wellness Talks: 3-4 p.m. (ZOOM) | **Art Therapy**: 1-2:00 p.m.  **(ZOOM)**  **Wellness group:** 2:15 – 3:30 p.m. **(ZOOM)** | **Mind & Body:** 9:30-10:30 a.m. **(ZOOM)**  **Peer Support:** 10:45-11:45 a.m. **(ZOOM)**  **Wellness group:** 2:15-3:15 p.m. **(ZOOM)** |
| February 15 | **February 17** | **February 19** |
| CLOSED FOR FAMILY DAY  C:\Users\mdunn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T3YKCW6W\Sorry-We-Are-Closed[1].png | **Art Therapy**: 1-2:00 p.m.  **(ZOOM)**  **Wellness group:** 2:15 – 3:30 p.m. **(ZOOM)** | **Mind & Body:** 9:30-10:30 a.m. **(ZOOM)**  **Peer Support:** 10:45-11:45 a.m. **(ZOOM)**  **Wellness group:** 2:15-3:15 p.m. **(ZOOM)** |
| February 22 | **February 24** | **February 26** |
| Peer Support: 9:30-10:30 a.m. (ZOOM)  Movement & Meditation: 11-12 p.m. (ZOOM)  Health & Wellness Talks: 3-4 p.m. (ZOOM) | **Art Therapy**: 1-2:00 p.m.  **(ZOOM)**  **Wellness group:** 2:15 – 3:30 p.m. **(ZOOM)** | **Mind & Body:** 9:30-10:30 a.m. **(ZOOM)**  **Peer Support:** 10:45-11:45 a.m. **(ZOOM)**  **Wellness group:** 2:15-3:15 p.m. **(ZOOM)** |

**\* During the provincial lockdown, all groups will run virtually on ZOOM.   
Please contact Sommer or Melody for the ZOOM ID and passwords. \***

**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.

**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.

**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.

**Health & Wellness Talks:** The terms“Health” and “Wellness” cover countless components and factors. We will engage in an assortment of discussions, games, videos, and education to help us become the best version of ourselves.

**Mind & Body:** The body and mind are directly connected, hence the requirement to maintain the health of both. Join us for a variety of games and activities to exercise both our body and our mind.

**Wellness Group:** an educational group to provide participants with information on a variety of topics to improve one’s mental health (ex. boundaries, stress management, anxiety, coping strategies, etc.).