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| Monday | Wednesday | Friday |
|  |  | **October 1** |
|  |  | **Coffee & Conversation:** 9:30 – 10:30 a.m. **(ZOOM)**  **Peer Support:** 11:00-12:00 p.m.  **Mood Walk:** 1:00 – 2:00 p.m.  **Wellness group: Depression:** 2:30 – 3:30 p.m. **(ZOOM)** |
| October 4 | **October 6** | **October 8** |
| Peer Support: 9:30-10:30 a.m. (ZOOM)  Movement & Meditation (REACH and ZOOM): 11-12 p.m. Music & Rhythm: 1:00-2:15 p.m.  Health & Wellness Talks: Stay Well with the Flu Shot: 2:30-3:30 p.m. | **Music & Rhythm:** 10:30 – 12:00  **Art Therapy**: 1-2:00 p.m.  **Wellness group:** **Nonverbal Communication:** 2:15-3:15 p.m.  **Mood Walk:** 3:30 – 4:15 p.m. | **Coffee & Conversation:** 9:30 – 10:30 a.m. **(ZOOM)**  **Peer Support:** 11:00-12:00 p.m.  **Mood Walk:** 1:00 – 2:00 p.m.  **Wellness group: Depression:** 2:30 – 3:30 p.m. **(ZOOM)** |
| October 11 | **October 13** | **October 15** |
| CLOSED FOR THANKSGIVING | **Music & Rhythm:** 10:30 – 12:00  **Art Therapy**: 1-2:00 p.m.  **Wellness group: Boundaries:** 2:15-3:15 p.m.  **Mood Walk:** 3:30 – 4:15 p.m. | **Coffee & Conversation:** 9:30 – 10:30 a.m. **(ZOOM)**  **Peer Support:** 11:00-12:00 p.m.  **Mood Walk:** 1:00 – 2:00 p.m.  **Wellness group: Depression:** 2:30 – 3:30 p.m. **(ZOOM)** |
| October 18 | **October 20** | **October 22** |
| Peer Support: 9:30-10:30 a.m. (ZOOM)  Movement & Meditation (REACH and ZOOM): 11-12 p.m.  Music & Rhythm: 1:00-2:15 p.m.  Health & Wellness Talks: Wellness Jeopardy: 2:30-3:30 p.m. | **Music & Rhythm:** 10:30 – 12:00  **Art Therapy**: 1-2:00 p.m.  **Wellness group: Stress:** 2:15-3:15 p.m.  **Mood Walk:** 3:30 – 4:15 p.m. | **Coffee & Conversation:** 9:30 – 10:30 a.m. **(ZOOM)**  **Peer Support:** 11:00-12:00 p.m.  **Mood Walk:** 1:00 – 2:00 p.m.  **Wellness group: Depression:** 2:30 – 3:30 p.m. **(ZOOM)** |
| October 25 | **October 27** | **October 29** |
| Peer Support: 9:30-10:30 a.m. (ZOOM)  Movement & Meditation (REACH and ZOOM): 11-12 p.m. Music & Rhythm: 1:00-2:15 p.m.  Health & Wellness Talks: History of Thanksgiving: 2:30-3:30 p.m. | **Music & Rhythm:** 10:30 – 12:00  **Art Therapy**: 1-2:00 p.m.  **Wellness group: Separation Anxiety:** 2:15 – 3:15 p.m.  **Mood Walk:** 3:30 – 4:15 p.m. | **Coffee & Conversation:** 9:30 – 10:30 a.m. **(ZOOM)**  **Peer Support:** 11:00-12:00 p.m.  **Mood Walk:** 1:00 – 2:00 p.m.  **Wellness group: Depression:** 2:30 – 3:30 p.m. **(ZOOM)** |

**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.).

**Music & Lyrics:** Music plays a significant part in many people’s lives. Share a song or lyrics that are meaningful to you. This can be done using any instrument (including your voice), playing an audio recording, or reading out part of a songs’ lyrics. You can also come to listen and engage in conversation with peers about music.

**Mood Walk:** Experience the physical and mental health benefits associated to the healing effects of exploring nature.

**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.