



# Fall 2024 - September (Peterborough)

MON	TUE	WED	THU	FRI
<p>2</p> <p><b>Stat Holiday - No programming</b></p>	<p>3</p>	<p>4</p> <p><b>5:00pm</b> Trans Peer Outreach Programming</p>	<p>5</p>	<p>6</p>
<p>9</p> <p><b>10:00am</b> Movement &amp; Meditation</p>	<p>10</p> <p><b>10:30am</b> Beginner's Yoga (Justice Rec)</p> <p><b>1:30pm</b> Queer Discussion</p>	<p>11</p> <p><b>10:00am</b> Peer Discussion</p> <p><b>1:30pm</b> Conquering Negative Thoughts</p>	<p>12</p> <p><b>11:00am</b> Bowling (Justice Rec)</p>	<p>13</p>
<p>16</p> <p><b>10:00am</b> Movement &amp; Meditation</p>	<p>17</p> <p><b>10:00am</b> Create and Connect</p> <p><b>10:30am</b> Beginner's Yoga (Justice Rec)</p> <p><b>1:30pm</b> Living with Bipolar</p>	<p>18</p> <p><b>10:00am</b> Peer Discussion</p> <p><b>1:30pm</b> Conquering Negative Thoughts</p> <p><b>5:00pm</b> Trans Peer Outreach</p>	<p>19</p> <p><b>11:00am</b> Bowling (Justice Rec)</p> <p><b>1:30pm</b> Facilitation Skills</p>	<p>20</p> <p><b>10:00am</b> Cooking group</p> <p><b>2:00pm</b> Rhythm &amp; Music</p>
<p>23</p> <p><b>10:00am</b> Movement &amp; Meditation</p> <p><b>11:30am</b> Let's Cook Together</p>	<p>24</p> <p><b>10:00am</b> Self-Defence Worksho</p> <p><b>10:30am</b> Beginner's Yoga (Justice Rec)</p> <p><b>1:30pm</b> Living with Bipolar</p>	<p>25</p> <p><b>10:00am</b> Peer Discussion</p> <p><b>1:30pm</b> Conquering Negative Thoughts</p>	<p>26</p> <p><b>11:00am</b> Bowling (Justice Rec)</p> <p><b>1:30pm</b> Facilitation Skills</p>	<p>27</p> <p><b>10:00am</b> Financial Literacy</p>
<p>30</p> <p><b>10:00am</b> Movement &amp; Meditation</p> <p><b>11:30am</b> Let's Cook Together</p>	<p>1</p> <p><b>10:30am</b> Beginner's Yoga (Justice Rec)</p>	<p>2</p> <p><b>10:00am</b> Peer Discussion</p> <p><b>1:00pm</b> Pickleball (Justice Rec)</p> <p><b>1:30pm</b> Conquering Negative Thoughts</p>	<p>3</p> <p><b>11:00am</b> Bowling (Justice Rec)</p> <p><b>1:30pm</b> Facilitation Skills</p>	<p>4</p> <p><b>10:00am</b> Financial Literacy</p> <p><b>1:30pm</b> Living with ADHD</p>



# Fall 2024 - October (Peterborough)

MON	TUE	WED	THU	FRI
30 10:00am Movement & Meditation	1 10:30am Beginner's Yoga (Justic	2 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Conquering Negative Th	3 11:00am Bowling (Justice Rec) 1:30pm Facilitation Skills	4 10:00am Financial Literacy 1:30pm Living with ADHD
7 10:00am Movement & Meditation	8 10:30am Beginner's Yoga (Justic 1:30pm Living with Concurrent Disorders	9 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Conquering Negative Th	10 11:00am Bowling (Justice Rec) 1:30pm Facilitation Skills 2pm Fall Harvest/Forest Walk	11 1:30pm Living with ADHD
14 <b>Stat Holiday - No programming</b>	15 10:00am Create and Connect 10:30am Beginner's Yoga (Justic 1:30pm Living with Concurrent	16 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Conquering Negative Th	17 11:00am Bowling (Justice Rec) 1:30pm Facilitation Skills	18 10:00am Cooking group
21 10:00am Movement & Meditation	22 10:00am Supporting Loved One 10:30am Beginner's Yoga (Justic 1:30pm Coping Catalogue	23 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Be Assertive	24 11:00am Bowling (Justice Rec) 1:30pm Facilitation Skills	25 1:30pm Collaging
28 10:00am Movement & Meditation	29 10:00am Building Self-Confiden 10:30am Beginner's Yoga (Justic 1:30pm Coping Catalogue	30 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Be Assertive	31 11:00am Bowling (Justice Rec)	1 2:00pm Rhythm & Music



# Fall 2024 - November (Peterborough)

MON	TUE	WED	THU	FRI
28 10:00am Movement & Meditation	29 10:00am Building Self-Confiden 10:30am Beginner's Yoga (Justic 1:30pm Coping Catalogue	30 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Be Assertive	31 11:00am Bowling (Justice Rec)	1 2:00pm Rhythm & Music
4 10:00am Movement & Meditation	5 10:30am Guide to Better Sleep Habits 1:30pm Living with Anxiety	6 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Be Assertive	7 1:30pm Establishing Self-Care Toolbox	8 10:00am Get Your Game On 1:30pm Crafty Connections
11 10:00am Movement & Meditation	12 10:00am Create and Connect Art Group 1:30pm Living with Anxiety	13 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Be Assertive	14 1:30pm Establishing Self-Care Toolbox	15 10:00am Cooking Group
18 10:00am Movement & Meditation	19 1:30pm Living with Depression	20 10:00am Peer Discussion 1:00pm Pickleball (Justice Rec) 1:30pm Be Assertive	21 1:30pm Establishing Self-Care Toolbox	22 10:00am Get Your Game On 1:30pm Collaging
25 10:00am Movement & Meditation	26 10:00am VIRTUAL Queer Discussion 1:30pm Living with Depression	27 10:00am Peer Discussion 1:30pm Be Assertive	28 1:30pm Establishing Self-Care Toolbox	29 10:00am Get Your Game On 2:00pm Rhythm & Music



# Fall 2024 - December (Peterborough)

MON	TUE	WED	THU	FRI
2	3	4 10:00am Peer Discussion	5	6
9	10	11 10:00am Peer Discussion	12	13
16	17	18 10:00am Peer Discussion	19	20
23	24	25 Stat Holiday - No programming	26 Stat Holiday - No programming	27
30	31	1 Stat Holiday - No programming	2	3