

HOPE Winter 2025 - January (Haliburton County)

Learning Centre

MON	TUE	WED	THU	FRI
30 <i>Please Note: All groups are being offered virtually over Zoom, with the exception of Movement and Meditation. After you've registered, the Zoom links will be sent to you before your group.</i>	31	1 Stat Holiday - No programming	2	3
6 10-11am Movement & Meditation	7 1:30-3pm Living with Bipolar Workshop	8 10:30-12pm Peer Discussion 1:30-3pm Challenging Loneliness 2-3:30pm Justice Anger Mgmt	9 1:30-3pm Guide To Better Sleep Habits	10 1:30-3pm SMART Goals
13 10-11am Movement & Meditation	14 1:30-3pm Living with Bipolar Peer Group	15 10:30-12pm Peer Discussion 1:30-3pm Challenging Loneliness 2-3:30pm Justice Anger Mgmt	16 1:30-3pm Facilitation Skills	17
20 10-11am Movement & Meditation	21 10-11:30am Queer Discussion 1:30-3pm Living with Concurrent Disorders Workshop	22 10:30-12pm Peer Discussion 1:30-3pm Challenging Loneliness 2-3:30pm Justice Anger Mgmt	23 1:30-3pm Facilitation Skills	24
27 10-11am Movement & Meditation	28 1:30-3pm Living with Concurrent Disorders Peer Group	29 10:30-12pm Peer Discussion 1:30-3pm Challenging Loneliness 2-3:30pm Justice Anger Mgmt	30 10-11:30am WRAP 1:30-3pm Facilitation Skills	31



Learning Centre

Winter 2025 - February (Haliburton County)

MON	TUE	WED	THU	FRI
3 10-11am Movement & Meditation	4	5 10:30-12pm Peer Discussion 1:30-3pm Challenging Loneliness 2-3:30pm Justice Anger Mgmt	6 10-11:30am WRAP 1:30-3pm Facilitation Skills	7
10 10-11am Movement & Meditation	11 1:30-3pm Living with Anxiety Workshop	12 10:30-12pm Peer Discussion 1:30-3pm Challenging Loneliness 2-3:30pm Justice Anger Mgmt	13 10-11:30am WRAP 1:30-3pm Facilitation Skills	14
17 Stat Holiday - No programming	18 10-11:30am Queer Discussion 1:30-3pm Living with Anxiety Peer Group	19 10:30-12pm Peer Discussion 1:30-3pm Establishing Boundaries 2-3:30pm Justice Anger Mgmt	20 10-11:30am WRAP 1:30-3pm Facilitation Skills	21 10-11:30am Conflict Resolution
24 10-11am Movement & Meditation	25 1:30-3pm Living with Depression Workshop	26 10:30-12pm Peer Discussion 1:30-3pm Establishing Boundaries 2-3:30pm Justice Anger Mgmt	27 10-11:30am WRAP 1:30-3pm Idea Fest & Quality Circle	28
3 10-11am Movement & Meditation MARCH 2025	4 10-11:30am Healthier Habits 1:30-3pm Living with Depression Peer Group	5 10:30-12pm Peer Discussion 1:30-3pm Establishing Boundaries	6 10-11:30am WRAP 1:30-3pm Self-Compassion	7



Winter 2025 - March (Haliburton County)

MON	TUE	WED	THU	FRI
3 10-11am Movement & Meditation	4 10-11:30am Healthier Habits 1:30-3pm Living with Depression Peer Group	5 10:30-12pm Peer Discussion 1:30-3pm Establishing Boundaries	6 10-11:30am WRAP 1:30-3pm Self-Compassion	7
10 10-11am Movement & Meditation	11 10-11:30am Healthier Habits 1:30-3pm Living with ADHD Workshop	12 10:30-12pm Peer Discussion 1:30-3pm Establishing Boundaries	13 10-11:30am WRAP 1:30-3pm Self-Compassion	14
17 10-11am Movement & Meditation	18 10-11:30am Healthier Habits 1:30-3pm Living with ADHD Peer Group	19 10:30-12pm Peer Discussion 1:30-3pm Establishing Boundaries	20 10-11:30am WRAP 1:30-3pm Self-Compassion	21 10-11:30am Stress Management 1:30-3pm Queer Discussion
24 10-11am Movement & Meditation	25 10-11:30am Healthier Habits 1:30-3pm Building Self-Confidence & Making Friends	26 10:30-12pm Peer Discussion 1:30-3pm Establishing Boundaries	27 1:30-3pm Self-Compassion	28
31 10-11am Movement & Meditation	1	2 10:30-12pm Peer Discussion	3	4



Winter 2025 - April (Haliburton County)

MON	TUE	WED	THU	FRI
31 10-11am Movement & Meditation	1	2 10:30-12pm Peer Discussion	3	4
7	8	9 10:30-12pm Peer Discussion	10	11
14	15	16 10:30-12pm Peer Discussion	17	18 Stat Holiday - No programming
21	22	23 10:30-12pm Peer Discussion	24	25
28	29	30 10:30-12pm Peer Discussion	1	2