



Learning Centre

Winter 2025 - January (Kawartha Lakes)

MON	TUE	WED	THU	FRI
30	31	1 Stat Holiday - No programming	2	3
6 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	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 10-11:30am Wellness Jeopardy 1:30-3pm SMART Goals
13 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	14 10-11:30am CR: Community Care 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 10-11:30am Get Your Game On 1:30-3pm Creative Expressions
20 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	21 10-11:30am <i>Virtual Queer</i> 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 11-1pm Cooking Group 1:30-3pm Facilitation Skills	24 10-11:30am Wellness Jeopardy 1:30-3pm CR: Hospice
27 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	28 10-11:30am CR: Victim Services 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 10-11:30am Get Your Game On 1:30-3pm Creative Expressions



Learning Centre

Winter 2025 - February (Kawartha Lakes)

MON	TUE	WED	THU	FRI
<p>3</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>4</p> <p>Closed</p>	<p>5</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Challenging Loneliness</p> <p>2-3:30pm Justice Anger Mgmt</p>	<p>6</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Facilitation Skills</p>	<p>7</p> <p>10-11:30am Wellness Jeopardy</p> <p>1:30-3:30pm Collaging</p>
<p>10</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>11</p> <p>10-11:30am CR: FourCAST</p> <p>1:30-3pm Living with Anxiety Workshop</p>	<p>12</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Challenging Loneliness</p> <p>2-3:30pm Justice Anger Mgmt</p>	<p>13</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Facilitation Skills</p>	<p>14</p> <p>10-11:30am Get Your Game On</p> <p>1:30-3:30pm Creative Expressions</p>
<p>17</p> <p>Stat Holiday - No programming</p>	<p>18</p> <p>10-11:30am <i>Virtual</i> Queer Discussion</p> <p>1:30-3pm Living with Anxiety Peer Group</p>	<p>19</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Establishing Boundaries</p> <p>2-3:30pm Justice Anger Mgmt</p>	<p>20</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Facilitation Skills</p>	<p>21</p> <p>10-11:30am Conflict Resolution</p> <p>1:30-3:30pm Collaging</p>
<p>24</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>25</p> <p>11-1pm Cooking Group</p> <p>1:30-3pm Living with Depression Workshop</p>	<p>26</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Establishing Boundaries</p> <p>2-3:30pm Justice Anger Mgmt</p>	<p>27</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Idea Fest & Quality Circle</p>	<p>28</p> <p>10-11:30am Get Your Game On</p> <p>1:30-3:30pm Creative Expressions</p>
<p>3 MARCH 2025</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>4</p> <p>10-11:30am Healthier Habits</p> <p>1:30-3pm Living with Depression Peer Group</p>	<p>5</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Establishing Boundaries</p>	<p>6</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Self-Compassion</p>	<p>7</p> <p>10-2pm Maple Syrup Fest</p>



Winter 2025 - March (Kawartha Lakes)

MON	TUE	WED	THU	FRI
<p>3</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>4</p> <p>10-11:30am Healthier Habits</p> <p>1:30-3pm Living with Depression Peer Group</p>	<p>5</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Establishing Boundaries</p>	<p>6</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Self-Compassion</p>	<p>7</p> <p>10-2pm Maple Syrup Fest</p>
<p>10</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>11</p> <p>10-11:30am Healthier Habits</p> <p>1:30-3pm Living with ADHD Workshop</p>	<p>12</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Establishing Boundaries</p>	<p>13</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Self-Compassion</p>	<p>14</p> <p>10-11:30am Get Your Game On</p> <p>1:30-3:30pm Creative Expressions</p>
<p>17</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>18</p> <p>10-11:30am Healthier Habits</p> <p>1:30-3pm Living with ADHD Peer Group</p>	<p>19</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Establishing Boundaries</p>	<p>20</p> <p>10-11:30am WRAP</p> <p>1:30-3pm Self-Compassion</p>	<p>21</p> <p>10-11:30am Stress Management</p> <p>1:30-3pm <i>Virtual Queer</i> Discussion</p>
<p>24</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>25</p> <p>10-11:30am Healthier Habits</p> <p>11-1pm Cooking Group</p> <p>1:30-3pm Building Self-Confidence</p>	<p>26</p> <p>10:30-12pm Peer Discussion</p> <p>1:30-3pm Establishing Boundaries</p>	<p>27</p> <p>1:30-3pm Self-Compassion</p>	<p>28</p> <p>10-11:30am Get Your Game On</p> <p>1:30-3:30pm Creative Expressions</p>
<p>31</p> <p>10-11am Movement & Meditation</p> <p>1:30-3pm Rhythm & Music</p>	<p>1</p> <p>APRIL 2025</p>	<p>2</p> <p>10:30-12pm Peer Discussion</p>	<p>3</p>	<p>4</p>



Winter 2025 - April (Kawartha Lakes)

MON	TUE	WED	THU	FRI
31 10-11am Movement & Meditation 1:30-3pm Rhythm & Music	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