



January 2012: Recovery Program - Living Room Activity Schedule

HSBC Tower, Suite 710, 3601 Highway #7 East, Markham

MONDAY 10:30 – 3:30	TUESDAY 10:30 – 3:30	WEDNESDAY	THURSDAY 10:30 – 3:30	EVERY THURSDAY EVENING	FRIDAY 10:30 – 3:30
2 PROGRAM CLOSED HAPPY NEW YEAR	3 10:30 – Coffee and Connecting NEW GROUP 12:30-2:00 - CBT Practice and Support Group	CLOSED	5 10:30 – Coffee and Connecting 12:30 – Power of Healing with Simin	7:30 –9:30 Support For Depression	6 10:30 – Coffee and Connecting 1:00 – Life Skills with Ann
9 <u>Member Run Day</u> 10:30 – Coffee and Connecting 1:00 – Poetry and Journaling With Mel	10 10:30 – Coffee and Connecting NEW GROUP 12:30-2:00 – CBT Practice and Support Group		12 10:30 – Coffee and Connecting 12:30 – Power of Healing with Simin	7:30 –9:30 Support For Depression	13 10:30 – Sock Monkey with Margie 1:00 – Spirituality with Don
16 <u>Member Run Day</u> 10:30 – Coffee and Connecting 1:00 – Poetry and Journaling With Mel	17 10:30 – Coffee and Connecting 12:00-2:00 – Susan S. with crafts		19 10:30 – Coffee and Connecting 12:30 – Power of Healing with Simin 2:00 – Sewing with Nancy	7:30 –9:30 Support For Depression	20 10:30 – Coffee and Connecting 1:00 – Stress Management with Bev 2:00 – Program Meeting
23 <u>Member Run Day</u> 10:30 – Coffee and Connecting 1:00 – Poetry and Journaling With Mel	24 10:30 – Coffee and Connecting NEW GROUP 12:00-2:00 – Art Class with Melissa		26 PROGRAM CLOSED ALL STAFF MEETING	7:30 –9:30 Support For Depression	27 10:30 – Coffee and Connecting 1:00 – Susan B. with crafts
30 10:30 – Coffee and Connecting 1:00 – Poetry and Journaling With Mel	31 10:30 – Coffee and Connecting NEW GROUP 12:30-2:00 – CBT PRACTICE AND SUPPORT GROUP		Staff Contact Information: 905-853-8477 / 1-866-208-5509 Cathy ext 4269	7:30 –9:30 Support For Depression	