

March 2010 - Recovery Program Activity Schedule

Ground level, 15150 Yonge Street, Aurora

(direct entrance from back parking lot OR down one level if entering from Yonge Street)

Monday (1-4pm)	Tuesday (9-4pm)	Wednesday (9-4pm)	Thursday (9-4pm)	Friday (9-12pm)
1 1:30pm Women's Group 1:30pm Men's Group 3:00pm Mindfulness Group	2 12:00-1:30pm Member's Meeting 12:30-1:45pm Peer Support with Stephen H. 1:45pm Art Therapy	3 1:30-3:00pm Expressive Art Therapy with Kenny (Closed Group) 1:45-2:45pm Yoga @ Yoga Source Studio in Newmarket	4 1:00-3:00pm WRAP Group	5 <u>Member Run Morning</u> 1:00-3:00pm Gala Meeting (Closed Group)
8 1:30pm Women's Group 1:30pm Men's Group 3:00pm Mindfulness Group	9 <u>Program closed at 12:00pm</u>	10 1:30-3:00pm Expressive Art Therapy with Kenny (Closed Group)	11 11:30-1:00pm Member's Meeting 1:00-3:00pm WRAP Group	12 <u>Member Run Morning</u>
15 1:30pm Women's Group 1:30pm Men's Group 3:00pm Mindfulness Group	16 12:00-1:00pm Digital Photo Class with Dave A. 12:30-1:45pm Peer Support with Stephen H. 1:45pm Art Therapy	17 Beat the Winter Blues BBQ 1:30-3:00pm Expressive Art Therapy with Kenny (Closed Group) 1:45-2:45pm Yoga @ Yoga Source Studio in Newmarket	18 PROGRAM IS CLOSED. (Recovery Focus Group) <u>You must sign up in advance to attend this group.</u>	19 <u>Member Run Morning</u> 1:00-3:00pm March Pool Tournament
22 1:30pm Women's Group 1:30pm Men's Group 3:00pm Mindfulness Group	23 12:00-1:30pm Member's Meeting 1:45pm Art Therapy	24 12:00-1:30pm Member's Meeting 1:30-3:00pm Expressive Art Therapy with Kenny (Closed Group)	25 1:00-3:00pm WRAP Group	26 <u>Member Run Morning</u> 2:00-4:00pm Hanging out with Jesse (Bring Words) Youth under the age of 35 are welcome to participate.
29 1:30pm Women's Group 1:30pm Men's Group 3:00pm Mindfulness Group	30 12:30-1:45pm Peer Support with Stephen H. 1:45pm Art Therapy	31 1:30-3:30pm Expressive Art Therapy with Kenny (Closed Group) 1:45-2:45pm Yoga @ Yoga Source Studio in Newmarket	<u>Note:</u> Recovery Focus Group on March 18 @ 1pm (Please sign up)	

PLEASE ATTEND PROGRAM MEETINGS AND PUT FORWARD YOUR NEEDS, CONCERNS, ISSUES AND EXPECTATIONS FROM THE RECOVERY PROGRAM