

July 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)
<p>Important Note Please attend camping meetings if you are interested in attending the camping trip or the day trip.</p>	<p>Important Note Ontario Science Centre: Please meet at Ontario Science Centre Main Entrance @ 11:30am. (Please keep transit receipts for reimbursement).</p>	<p>Important Note Sign up is mandatory in order to attend Camping Trip and Day Trip as well as the Ontario Science Centre Trip.</p>	<p>1 PROGRAM IS CLOSED. CANADA DAY.</p>	<p>2 <u>Member Run Morning</u></p>
<p>5 1:30pm Women's Group 1:30pm Men's Group 3:00pm Mindfulness Group</p>	<p>6 12:30-2:30pm Camping Meeting</p>	<p>7 1:30pm CMHA Choir 1:30-3:30pm Expressive Art Therapy (Closed Group) 1:45-2:45pm Yoga @ Yoga Source Studio in Newmarket</p>	<p>8 11:00-12:30pm Member's Meeting 1:00-3:00pm Pathways to Recovery Group (Closed Group)</p>	<p>9 <u>Member Run Morning</u></p>
<p>12 1:30pm Women's Group 1:30pm Men's Group 2:30-3:30pm Camping Meeting 3:00pm Mindfulness Group</p>	<p>13 1:00-3:00pm WRAP Group 1:00-3:00pm Art Therapy</p>	<p>14 Program is open 11:30pm Trip to Ontario Science Centre 1:30-3:30pm Expressive Art Therapy (Closed Group)</p>	<p>15 11:00am Compassion Group Meeting (Closed Group) 1:00-3:00pm Pathways to Recovery Group (Closed Group) 1:00-3:00pm Art Therapy</p>	<p>16 <u>Member Run Morning</u></p>
<p>19 1:30pm Women's Group 1:30pm Men's Group 3:00pm Mindfulness Group</p>	<p>20 11:00-12:30pm Final Camping Meeting 1:00-3:00pm WRAP Group 1:00-3:00pm Art Therapy</p>	<p>21 1:00-2:00pm Computer Basics 1:30-3:30pm Expressive Art Therapy (Closed Group) 1:45-2:45pm Yoga @ Yoga Source Studio in Newmarket</p>	<p>22 1:00-3:00pm Pathways to Recovery Group (Closed Group) 1:00-3:00pm Art Therapy</p>	<p>23 <u>Member Run Morning</u></p>
<p>26 Program is open <u>CAMPING TRIP</u> <u>Member Run Day</u></p>	<p>27 Program is open <u>CAMPING TRIP</u> 1:00-3:00pm Art Therapy</p>	<p>28 Program is open <u>Day Trip to Earl Rowe</u> <u>CAMPING TRIP</u> <u>Member Run Day</u> 1:00-3:00pm Bingo & Baking</p>	<p>29 Program is open <u>CAMPING TRIP</u> 1:00-3:00pm Art Therapy</p>	<p>30 <u>Member Run Morning</u></p>

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