

ROOM LEGEND:

- Group Room
- ▽ Eden Place Room
- ⊗ Kitchen
- ▶ Café
- ☼ Serenity Lounge
- Boardroom

# RECOVERY WEST APRIL 2018

**APR 2-20, 2018 (PLEASE SEE FLIP SIDE FOR APR 23-30, 2018)**






Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00-11:00- Spirituality Group ● 11:00-12:30- ***Seeking Safety ● 1:00-1:30- Mindfulness Meditation● 1:30-2:00- Cardio Fitness ● 2:00-4:00- ***Recovery Through the Arts 	<b>3</b> 10:00-11:00- Music Group ● 11:00-12:00- Men's Group ● 11:00-1:00- Cooking with Debby ⊗ 12:00-1:00- Anxiety Group ● 1:00-1:30- Fitness Group: Strength ● 1:30-3:00- Creative Writing ● 3:30-4:30- Hearing Voices ☼	<b>4</b> 10:30-12:00- ***Healthy Sexuality ● 1:30-3:30- Baking with Debby ⊗ 5:00-6:00- Depression & Awareness ● Easter lunch @ noon - \$3.00 FREE tax clinic 1-9pm Appointment necessary 	<b>5</b> 10:00-10:30- Cardio Fitness ● 11:00-12:00- Women's Group ● 1:00-2:00- Recovery Chat ● 2:30-3:30- Alternate Realities ● 4:30-5:30- Understanding Anxiety ●	<b>6</b> 10:30-12:00-Self Harm▽ 11:00-12:00- Social Interactions ● 1:00-2:00- Mindfulness Group ● 2:00-4:00- Friday Fun: Bingo/Pictionary ▶ 
<b>9</b> 10:00-11:00- Spirituality Group ● 11:00-12:30- ***Seeking Safety ● 1:00-1:30- Mindfulness Meditation● 1:30-2:00- Cardio Fitness ●	<b>10</b> 11:00-12:00- Men's Group ● 11:00-1:00- Cooking with Debby ⊗ 12:00-1:00- Anxiety Group ● 1:30-3:00- Creative Writing ● 3:30-4:30- Hearing Voices ☼ 	<b>11</b> 10:30-12:00- ***Healthy Sexuality ● 12:00-1:00- Healthy Eating on a Budget ● 1:30-3:30- Baking with Debby ⊗ 5:00-6:00- Depression & Awareness ● 	<b>12</b> 10:00-10:30- Cardio Fitness ● 11:00-12:00- Women's Group ● 1:00-2:00- Recovery Chat ● 2:30-3:30- Alternate Realities ● 4:30-5:30- Understanding Anxiety ●	<b>13</b> 10:30-12:00-Self Harm▽ 11:00-12:00- Social Interactions ● 1:00-2:00- Mindfulness Group ● 2:00-4:00- Friday Fun: Spring Arts & Crafts 
<b>16</b> 10:00-11:00- Spirituality Group ● 11:00-12:30- ***Seeking Safety ● 1:00-1:30- Mindfulness Meditation● 1:30-2:00- Cardio Fitness ● 2:00-4:00- ***Zentangle ● 	<b>17</b> 10:00-11:00- Music Group ● 11:00-12:00- Men's Group ● 11:00-1:00- Cooking with Debby ⊗ 12:00-1:00- Anxiety Group ● 1:00-1:30- Fitness Group: Strength ● 1:30-3:00- Creative Writing ● 3:30-4:30- Hearing Voices ☼	<b>18</b> 10:30-12:00- ***Healthy Sexuality ● 12:00-1:00- Healthy Eating on a Budget ● 1:30-3:30- Baking with Debby ⊗ 5:00-6:00- Depression & Awareness ● 	<b>19</b> 10:00-10:30- Cardio Fitness ● 11:00-11:30- Members Meeting ▶ 11:00-12:00- Women's Group ● 1:00-2:00- Recovery Chat ● 2:30-3:30- Alternate Realities ● 4:30-5:30- Understanding Anxiety ●	<b>20</b> 10:30-12:00-Self Harm▽ 11:00-12:00- Social Interactions ● 1:00-2:00- Mindfulness Group ● 2:00-4:00- Friday Fun: Outdoor Activities 

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# RECOVERY WEST APRIL 2018

**APR 23-30, 2018 (PLEASE SEE FLIP SIDE FOR APR 2-20, 2018)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>23</b>  10:00-11:00- Spirituality Group ● 11:00-12:30- ***Seeking Safety ● 1:00-1:30- Mindfulness Meditation● 1:30-2:00- Cardio Fitness ● 2:00-4:00- ***Zentangle ●  	<b>24</b>  10:00-11:00- Music Group ● 11:00-12:00- Men's Group ● 11:00-1:00-***Cooking with Debby ⊗ 12:00-1:00- Anxiety Group ● 1:00-1:30- Fitness Group: Strength ● 1:30-3:00- Creative Writing ● 3:30-4:30- Hearing Voices ☀	<b>25</b>  10:30-12:00- ***Healthy Sexuality ● 12:00-1:00- Healthy Eating on a Budget ● 1:30-3:30- Baking with Debby ⊗ 5:00-6:00- Depression & Awareness ●  Earth Day + Nelly Day = ☺  	<b>26</b>  10:00-10:30- Cardio Fitness ● 11:00-12:00- Women's Group ● 1:00-2:00- Recovery Chat ● 2:30-3:30- Alternate Realities ● 4:30-5:30- Understanding Anxiety ●	<b>27</b>  10:30-12:00-Self Harm▽ 11:00-12:00- Social Interactions ● 1:00-2:00- Mindfulness Group ● 2:00-4:00- Friday Fun: Earth Documentary  
<b>30</b>  10:00-11:00- Spirituality Group ● 11:00-12:30- ***Seeking Safety ● 1:00-1:30- Mindfulness Meditation● 1:30-2:00- Cardio Fitness ● 2:00-4:00- ***Zentangle ●	 			

**Notes and Reminders:**

- **\*\*\*Closed groups:** Please register in advance
- **Orientations** happen on Tuesdays (2-3pm), Thursdays (10-11am) and Fridays (10:30-11:30am)

Recovery West is part of the Canadian Mental Health Association, Peel Dufferin Branch

Find us at: 7700 Hurontario St. Suite 601, Brampton, ON L6Y 2J6

Contact us at: (905) 796-9030 - [www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)