

ROOM LEGEND:




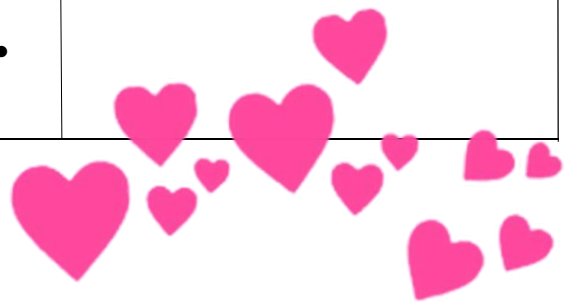
- Big Group Room
- Little Group Room
- ⊗ Kitchen
- ▶ Café
- ☼ Serenity Lounge
- ▽ Eden Place Room

# Recovery West – February 2019

February 1-15<sup>th</sup> 2018 - Please See Flip Side for February 18- 28<sup>th</sup> 2018



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				12:30-2:00- Mindfulness Group ● 2:00-4:00- Friday Fun: In House Movies ▶
4	5	6	7	8
10:00-11:00- Spirituality Group ● 11:00-12:30- ***Anger Solutions ● 12:45-1:15- Mindfulness Meditation ● 1:30-2:00- Cardio Fitness ● 2:00-4:00- *** Zentangle ●	11:00-12:00- Men's Group ● 11:00-1:00- ***Cooking Group ⊗ 12:00-1:15- Anxiety Group ● 3:30-4:30- Hearing Voices ●  <b>1:30-2:30 – ***S.M.A.R.T Group Community Door Boardroom</b>	10:30-12:00- ***Healthy Sexuality ▽ 11:00-12:30- Creative Writing ● 12:00-1:00- Yoga ○ 1:00-2:30- Baking Group ⊗ 2:50-4:00- Physical Health & Education (Offsite @ YMCA)	10:00-10:30- Cardio Fitness ● 10:30-12:30- ***WRAP ● 11:00-12:00- Women's Group ● 12:00-1:00- Sleep Solutions ● 2:30-3:30- Alternate Realities ●	10:30-12:00- ***Self Harm ● 12:30-2:00- Mindfulness Group ● 2:00-3:00 - Photo Group ○ 2:00-4:00- Friday Fun: Arts & Crafts  
11	12	13	14	15
10:00-11:00- Spirituality Group ● 11:00-12:30- ***Anger Solutions ● 12:45-1:15- Mindfulness Meditation ● 1:30-2:00- Cardio Fitness ● 2:00-4:00- *** Zentangle ●  	10:00-11:00- Music Group ● 11:00-12:00- Men's Group ● 11:00-1:00- ***Cooking Group ⊗ 12:00-1:15- Anxiety Group ● 1:30-2:00- Fitness Group: Strength ● 3:30-4:30- Hearing Voices ●  <b>1:30-2:30 – ***S.M.A.R.T Group Community Door Boardroom</b>	10:30-12:00- ***Healthy Sexuality ▽ 11:00-12:30- Creative Writing ● 12:00-1:00- Yoga ○ 1:00-2:30- Baking Group ⊗ 2:50-4:00- Physical Health & Education (Offsite @ YMCA)  	10:00-10:30- Cardio Fitness ● 10:30-12:30- ***WRAP ● 11:00-12:00- Women's Group ● 12:00-1:00- Sleep Solutions ● 1:00-2:00- Recovery Chat ● 2:30-3:30- Alternate Realities ●  <b>Valentine's Day Party 2:00pm-5:00pm</b>	10:30-12:00- ***Self Harm ● 12:30-2:00- Mindfulness Group ● 2:00-4:00- Friday Fun: Skating At Gage Park (Please Sign Up)  

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
<p><b>RECOVERY WEST IS CLOSED - FAMILY DAY -</b></p> 	<p>10:00-11:00- Music Group ●            11:00-12:00- Men's Group ●            11:00-1:00- ***Cooking Group ⊗            12:00-1:15- Anxiety Group ●            1:30-2:00- Fitness Group: Strength ●            3:30-4:30- Hearing Voices ●</p> <p><b>1:30-2:30 – ***S.M.A.R.T Group Community Door Boardroom</b></p>	<p>10:30-12:00- ***Healthy Sexuality ▽            11:00-12:30- Creative Writing ●            12:00-1:00- Yoga ○            1:00-2:30- Baking Group ⊗            2:50-4:00- Physical Health &amp; Education (Offsite @ YMCA)</p> 	<p>10:00-10:30- Cardio Fitness ●            10:30-12:30- ***WRAP ●            11:00-11:30- <i>Members Meeting</i> ►            11:00-12:00- Women's Group ●            12:00-1:00- Sleep Solutions ●            1:00-2:00- Recovery Chat ●            2:30-3:30- Alternate Realities ●</p>	<p>10:30-12:00- ***Self Harm ●            12:30-2:00- Mindfulness Group ●            2:00-3:00 - Photo Group ○            2:00-4:00- Friday Fun: Arts &amp; Crafts</p>
25	26	27	28	
<p>10:00-11:00- Spirituality Group ●            11:00-12:30- ***Anger Solutions ●            12:45-1:15- Mindfulness Meditation ●            1:30-2:00- Cardio Fitness ●            2:00-4:00- *** Zentangle ●</p> 	<p>11:00-12:00- Men's Group ●            11:00-1:00- ***Cooking Group ⊗            12:00-1:15- Anxiety Group ●            1:30-2:00- Fitness Group: Strength ●            3:30-4:30- Hearing Voices ●</p> <p><b>1:30-2:30 – ***S.M.A.R.T Group Community Door Boardroom</b></p>	<p>10:30-12:00- ***Healthy Sexuality ▽            11:00-12:30- Creative Writing ●            12:00-1:00- Yoga ○            1:00-2:30- Baking Group ⊗            2:50-4:00- Physical Health &amp; Education (Offsite @ YMCA)</p> 	<p>10:00-10:30- Cardio Fitness ●            10:30-12:00- ***Cultural Cooking - Chinese New Year - ⊗            10:30-12:30- ***WRAP ●            11:00-12:00- Women's Group ●            1:00-2:00- Recovery Chat ●            2:30-3:30- Alternate Realities ●</p>	

## REMINDERS:

- \*\*\*Closed groups: Please register in advance
  - Orientations happen on:  
Tuesdays (2-3pm), Wednesdays (2-3pm) and Thursdays (10-11am)
  - Please Sign up for our outings on the sign up list by front desk.
  - Recovery West is closed on February 18<sup>th</sup> 2019.
- \*Schedule is subject to change\***  
Please check the bulletin boards at Recovery West for any changes\*

## Contact us:

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)

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