

ROOM LEGEND:





- Big Group Room
- ☐ Serenity Room
- 🍳 Kitchen
- ▶ Café
- ▽ Eden Place Room
- Ⓞ Community Door Boardroom
- ✕ - Career Centre
- 🕒 = New Group/Time
- *** = Closed Group

Recovery West – March 2020

March 2nd-20th 2020 - Please see flip-side for March 23rd-31st 2020

Day Program Open: Monday - Friday: 9:00am-4:00pm



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>10:00-11:00- Spirituality Group ☐</p> <p>11:00-12:30- ***Anger Solutions ☐</p> <p>~ 1:00-1:30- Cardio Fitness ●</p> <p>~ 1:45-2:15- Mindfulness Meditation ●</p> <p>~ 2:30-3:30- Self-Esteem ●</p> <p>3:30-5:30- *** DBT ●</p>	<p>10:00-11:00- Music Group ●</p> <p>11:00-1:00- ***Cooking Group 🍳</p> <p>11:30-12:45- Anxiety Group ●</p> <p>1:00-2:30 - S.M.A.R.T Group Ⓞ</p> <p>1:30-2:00- Fitness Group: Strength ●</p> <p>~ 2:00-3:30- Mindfulness Group ●</p> <p>3:30-4:30- Hearing Voices ●</p>	<p>10:00-12:00-***Healthy Relationships☐</p> <p>11:00-12:30- Creative Writing ●</p> <p>12:30-1:30- Yoga ●</p> <p>1:00-2:30- Baking Group 🍳</p> <p>2:50-4:00- Physical Health & Education (Offsite YMCA)</p>	<p>10:00-10:30- Cardio Fitness ●</p> <p>11:00-12:00- Women's Group – Celebrating International Women's Day ●</p> <p>11:30-1:00- ***Emotional Regulation☐</p> <p>1:00-2:00- Recovery Chat ●</p>	<p>2:00-4:00- Friday Fun: Board Games</p>
9	10	11	12	13
<p>10:00-11:00- Spirituality Group ☐</p> <p>11:00-12:30- ***Anger Solutions ☐</p> <p>1:00-1:30- Cardio Fitness ●</p> <p>1:45-2:15- Mindfulness Meditation●</p> <p>2:30-3:30- Self-Esteem ●</p> <p>3:30-5:30- *** DBT ●</p>	<p>10:00-11:00- Music Group ●</p> <p>11:00-12:00- Men's Group ☐</p> <p>11:00-1:00- Cooking Group 🍳</p> <p>11:30-12:45- Anxiety Group ●</p> <p>1:00-2:30 - S.M.A.R.T Group Ⓞ</p> <p>1:30-2:00- Fitness Group: Strength ●</p> <p>2:00-3:30- Mindfulness Group ●</p> <p>3:30-4:30- Hearing Voices ●</p>	<p>10:00-12:00-***Healthy Relationships☐</p> <p>11:00-12:30- Creative Writing ●</p> <p>12:30-1:30- Yoga ●</p> <p>1:00-2:30- Baking Group 🍳</p> <p>2:50-4:00- Physical Health & Education (Offsite YMCA)</p>	<p>10:00-10:30- Cardio Fitness ●</p> <p>11:00-12:00- Women's Group ●</p> <p>11:30-1:00- ***Emotional Regulation☐</p> <p>1:00-2:00- Recovery Chat ●</p> <div style="text-align: center;">  </div>	<p>~ 12:00-1:00- ***Self Compassion ●</p> <p>1:30-4:00- Friday Fun: Bowling— *Please sign up</p> <div style="text-align: center;">  </div>
16	17	18	19	20
<p>10:00-11:00- Spirituality Group ☐</p> <p>11:00-12:30- ***Anger Solutions ☐</p> <p>1:00-1:30- Cardio Fitness ●</p> <p>1:45-2:15- Mindfulness Meditation●</p> <p>2:30-3:30- Self-Esteem ●</p> <p>3:30-5:30- *** DBT ●</p>	<p>10:00-11:00- Music Group ●</p> <p>11:00-12:00- Men's Group ☐</p> <p>11:00-1:00- Cooking Group 🍳</p> <p>11:30-12:45- Anxiety Group ●</p> <p>1:00-2:30 - S.M.A.R.T Group Ⓞ</p> <p>1:30-2:00- Fitness Group: Strength ●</p> <p>2:00-3:30- Mindfulness Group ●</p> <p>3:30-4:30- Hearing Voices ●</p>	<p>10:00-12:00-***Healthy Relationships☐</p> <p>11:00-12:30- Creative Writing ●</p> <p>12:30-1:30- Yoga ●</p> <p>1:00-2:30- Baking Group 🍳</p> <p>2:50-4:00- Physical Health & Education (Offsite YMCA)</p> <div style="text-align: center;">  </div>	<p>10:00-10:30- Cardio Fitness ●</p> <p>11:00-12:00- Women's Group ●</p> <p>11:00-11:30- Members Meeting ▶</p> <p>11:30-1:00- *** Emotional Regulation☐</p> <p>1:00-2:00- Recovery Chat ●</p> <p>3:00-4:00- Alternate Realities ●</p>	<p>12:00 – Celebrating Spring Equinox \$4.00/member</p> <p>1:30-4:00- Friday Fun: Arts and Crafts - Welcoming Spring</p> <div style="text-align: center;">  </div>

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
<p>10:00-11:00- Spirituality Group ☒</p> <p>1:00-1:30- Cardio Fitness ●</p> <p>1:45-2:15- Mindfulness Meditation●</p> <p>2:30-3:30- Self-Esteem ●</p> <p>3:30-5:30- *** DBT ●</p> <p style="text-align: center;"></p>	<p>10:00-11:00- Music Group ●</p> <p>11:00-12:00- Men's Group ☒</p> <p>11:00-1:00- Cooking Group 🌀</p> <p>11:30-12:45- Anxiety Group ●</p> <p>1:00-2:30 - S.M.A.R.T Group ☐</p> <p>2:00-3:30- Mindfulness Group ●</p>	<p>10:00-12:00-***Healthy Relationships☒</p> <p>11:00-12:30- Creative Writing ●</p> <p>12:30-1:30- Yoga ●</p> <p>1:00-2:30- Baking Group 🌀</p> <p>2:50-4:00- Physical Health & Education (Offsite YMCA)</p> <p style="text-align: center;">12:00- Greek Independence Day \$4.00/member</p>	<p>10:00-10:30- Cardio Fitness ●</p> <p>10:30-12:30- ***W.R.A.P ●</p> <p>11:00-12:00- Women's Group x</p> <p>11:30-1:00- *** Emotional Regulation ☒</p> <p>1:00-2:00- Recovery Chat ●</p> <p>3:00-4:00- Alternate Realities ●</p>	<p>12:00-1:00- ***Self Compassion ●</p> <p>1:00-2:30-Essential Oils –Please Sign Up</p> <p>~ 12:30-2:00- ***Self-Harm ☒</p> <p>2:00-4:00- Friday Fun: Minute- Win it</p>
30	31			
<p>10:00-11:00- Spirituality Group ☒</p> <p>1:45-2:15- Mindfulness Meditation●</p> <p>2:30-3:30- Self-Esteem ●</p> <p>3:30-5:30- *** DBT ●</p>	<p>10:00-11:00- Music Group ●</p> <p>11:00-12:00- Men's Group ☒</p> <p>11:00-1:00- ***Cooking Group 🌀</p> <p>1:00-2:30 - S.M.A.R.T Group ☐</p> <p>1:30-2:00- Fitness Group: Strength ●</p> <p>2:00-3:30- Mindfulness Group ●</p> <p>3:30-4:30- Hearing Voices ●</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.
- Please check the bulletin boards at Recovery West for any changes*



Canadian Mental Health Association
Peel Dufferin
Mental health for all

Association canadienne pour la santé mentale
Peel Dufferin
La santé mentale pour tous

Contact us:

Find us at: 7700 Hurontario St.
Suite 601, Brampton, ON L6Y 4M3
Contact us at: (905) 796-9030 - www.cmhapeeldufferin.ca

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

Coming up in April:

- Essential Oils Workshops – Please Sign Up
- Assertiveness Group – Please Sign Up
- Emotional Eating - Please Sign Up