

Oxford Drop-In

AUGUST 2024 NEWSLETTER

GOOD NEWS STORY

Happy to report that we had a lovely day of fishing on Wednesday, July 3rd. We caught some fish, attendees received a goodie bag with fishing tackle, fishing regulation Books & Fishing Info and activity books. We enjoyed a beautiful, sunny day and we couldn't have done this without our generous donors. Huge shout out to CSIA- Canadian Sportfishing Industry Association, OFAH- Ontario Federation of Anglers & Hunters & Canadian Tire Woodstock. We look forward to our next fishing trip! We certainly had a couple individuals fall in love with recreational fishing and they hope to continue to learn and enjoy this incredible sport!



IMPORTANT REMINDERS

August 5th - Civic Holiday The office will be closed.

Summer Fiesta August 23rd 1-3pm

Families CARE Support Group: This is a 12 week group coming September 2024. Registration is required by emailing Families.care@cmhatv.ca. Helping Families Cope And Relate Effectively to the loved one who uses substances.



Drop-In Schedule

Mondays	Tuesdays	Wednesdays	Thursday	Fridays
10:00-10:30am Morning Grounding Activity	10:00-10:30am Morning Grounding Activity	All Drop-In Programming is closed.	10:00-10:30am Morning Grounding Activity	10:00-10:30am Morning Grounding Activity
10:30-12pm Coffee Social and Lounge open	10:30-12pm Coffee Social and Lounge open		10:30-12pm Coffee Social and Lounge open	10:30-12pm Coffee Social and Lounge open
12:00pm-1:00pm Drop-In Space is closed for lunch	12:00pm-1:00pm Drop-In Space is closed for lunch		12:00pm-1:00pm Drop-In Space is closed for lunch	12:00pm-1:00pm Drop-In Space is closed for lunch
1:00pm-3:00pm Programming: Game Day	1:00pm-3:00pm Programming: Treasure it Tuesday (Crafts; open to all) DBT alumni group (closed; open to anyone who has taken DBT)		1:00pm-3:00pm Programming: Lucky Numbers	1:00pm-3:00pm Programming: Bi-Weekly Peer Led Workshops Bi-Weekly Variety Fridays

IMPORTANT REMINDERS: TUESDAY CRAFT ACTIVITIES

- August 6 - Upcycled Tin Can Craft part 1
- August 13 - Upcycled Tin Can Craft part 2
- August 20 - Fairy Zen Garden part 1
- August 27 - Fairy Zen Garden part 2



Group Offerings

Unless otherwise specified, all activities take place
at 522 Peel Street in Woodstock.



Mindful Grounding Activity - Daily (excluding Wednesday), 10-10:30am
Start your day off on a calming note and join us in the Drop-In space for 30 minutes of a mindful, grounding exercise. No previous meditation or mindfulness experience is required.



Drop-In Coffee & Lounge - Daily (excluding Wednesday), 10:30AM-12:00PM
Join us daily in the Drop-In space for coffee and socialize with others in a safe and welcoming environment. Note: at 12:00pm coffee will no longer be served, and the lounge will close until the next Drop-In day.



Shower Program - Monday, 10-11:30AM

(Ingersoll NPLC Clinic 19 King St E, Ingersoll)

Drop -In Program offers basic personal hygiene supports including, access to a shower and dental supplies. Peers support staff are onsite to connect with people as needed. The group is open to anyone in need of hygiene supports in the Oxford area. Participants will check in with reception and out Peer Support team will come down to get you.



Game Day - Mondays, 1-3PM

Join us for some good old fashion board and card game fun! Connect with others over conversation and games in our drop-in space.



Dialectical Behavior Therapy Alumni Peer Group - Tuesday, 1:30-3PM

This weekly drop-in peer support group is open to anyone who has completed a DBT program and is interested in connecting with others to check in, share about your use of DBT skills, and learn from one another!



Treasure it Tuesday - Tuesday, 1-3PM

Join us on Tuesday afternoons in the Drop-In space for some fun arts and crafts time and socialize with others while you unleash your creative side!



Chit Chat Circle - Tuesday, 2-3:30PM

(Woodstock Library: 445 Hunter Street, Woodstock)

Join us for a peer support gathering to discuss a variety of wellness topics, engage in positive conversation, and build and encourage socialization in a safe space.



Group Offerings

Unless otherwise specified, all activities take place at 522 Peel Street in Woodstock.

Wellness Social -

Monday 1-3PM (Ingersoll Library: 130 Oxford St, Ingersoll)

3rd Thursday of the month 10-11AM (Tillsonburg Library: 2 Library Lane, Tillsonburg)

Drop-in program at the Ingersoll and Tillsonburg Libraries, that offers a chance for people to connect and socialize with one another and explore your wellness needs.



Social Stroll - Tuesday 9:30-10:30AM

Promotes overall wellness by social connection with others and nature, as well as educating us on people, places and things. Incorporates physical exercise and encourages socialization while having fun. We will explore different areas around us.



Brightside Youth Hub - Wednesdays 2-5PM (40 Metcalf Street Woodstock)

One stop shop for youth ages 12-25 to get access to services they need, when they need them under one roof. Weekly Drop-In. This youth hub is offered in partnership with Welkin Child and Youth Mental Health & Wellness services.



Lucky Numbers - Thursdays 1-3PM

Join us in the Drop-In space for a friendly game of "Lucky Numbers" and socialize with others! Note: this group will be moved to Friday for the last week of every month.



Peer-Led Workshops - Bi-Weekly Fridays 1-3PM

Every other Friday we will host different workshops that will be co-led by other Drop-In peers! Topics will vary based on the needs and interests of Drop-In participants.



Variety Fridays - Bi-Weekly Fridays 1-3PM

Every other Friday we will host a "variety" afternoon where peers can participate in self-directed activities, including reading, coloring, word puzzles, cards, games with others and more!



Some Important Reminders

Monthly Drop-In Meetings

Be sure to join us from 1:30-3pm on the last Thursday of every month for our Drop-In House meeting - we want to hear from you about how to make our Drop-In program the best it can be! The meeting is located at 522 Peel Street in Woodstock.

Next Meeting: August 29, 2024 from 1-3PM



We Want to hear from you!

Do you have a good news story that you want to share? A poem, cute pet photo, art piece, etc.? Please let Drop-In staff know or email Oxford.Peers@cmhatv.ca and we will be sure to include it in next month's issue of the Oxford Drop-In newsletter!
Important: be sure to submit by the last Monday of every month.

