

October

Community Groups 2024

Several groups are at capacity and are not reflected on this calendar - Coffee Social, Connecting to the Moment, and Purpose.





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1</p> <p>Mindful Hikes 11AM Cards, Crafts & Games 1PM</p>	<p>2</p>	<p>3</p> <p>Intersections 4PM</p>	<p>4</p> <p>Drop In 930AM Mindful Hour Plus 1130AM Friday Warriors 130PM Pickle Pals 230PM</p>
<p>7</p> <p>Creative Minds 1PM Mindful Hike 3PM</p>	<p>8</p> <p>Mindful Hikes 11AM Cards, Crafts & Games 1PM</p>	<p>9</p> <p>Mind Over Mood 10AM</p>	<p>10</p>	<p>11</p> <p>Drop In 930AM Mindful Hour Plus 1130AM Friday Warriors 130PM Pickle Pals 230PM</p>
<p>14</p>  <p>No Groups</p>	<p>15</p> <p>Mindful Hikes 11AM Cards, Crafts & Games 1PM</p>	<p>16</p> <p>Mind Over Mood 10AM Womens' Art Group 2PM Styx & Stones 130PM</p>	<p>17</p> <p>Intersections 4PM</p>	<p>18</p> <p>Drop In 930AM Mindful Hour Plus 1130AM Friday Warriors 130PM Pickle Pals 230PM</p>
<p>21</p> <p>Creative Minds 1PM Mindful Journey 2PM Mindful Hike 3PM</p>	<p>22</p> <p>Mindful Hikes 11AM Cards, Crafts & Games 1PM</p>	<p>23</p> <p>Mind Over Mood 10AM Womens' Art Group 2PM Styx & Stones 130PM</p>	<p>24</p>	 <p>No Groups</p>
<p>28</p> <p>DBT at a glance 10AM Creative Minds 1PM Mindful Hike 3PM</p>	<p>29</p> <p>Mindful Hikes 11AM Cards, Crafts & Games 1PM</p>	<p>30</p> <p>Mind over Mood 10AM Womens' Art Group 2PM Styx & Stones 130PM</p>	<p>31</p>	

Creative Minds 1-3PM - Virtual

We all need some time to relax, but we also need time to socialize. The Creative Minds group will allow us to spend time together virtually while being creative and keeping calm. You can engage in colouring, art, doodling, knitting or any other personal projects - whatever activity you prefer to do! We just want to spend time together!

Mindful Hikes Monday 3-4PM, Tuesday 11AM-12PM

Mindful Hikes promote physical activity in nature or green exercise, as a way to improve both physical and mental health. This walk/hike will also increase our social network, aid in some physical activity, and help foster good mental health in nature

Mindful Journey 2-3PM - Central

Mindful practice promotes well-being in an individual by becoming aware of the four platforms of the Body-Mind, emotions, sensations and thoughts. Developing non-judgmental awareness in the present moment and increasing awareness triggers, learning to respond skillfully rather than react habitually, these skills can contribute to recovery maintenance.

DBT at a glance - 10AM - Central

Join us while we highlight some key DBT skills. Whether you want to refresh your DBT knowledge or familiarize yourself with some concepts, this group will allow you to learn and interact in a workshop setting.

Women's Art Groups - Crouch

Art is a powerful tool that can be used to create a sense of connection to ourselves and the world around us. Join us in this weekly group as we share our appreciation of art and participate in a variety of mixed media art projects. Registration is needed for this drop-in style group.

Cards, & Games 1PM - Crouch

Join us and feel at ease in this relaxed and friendly group environment while playing a game of cards or a board game. AN ongoing group where we have fun, socialize and enjoy some treats!

Styx & Stones 1:30PM - Central

Words can literally change your brain, and language shapes how we see the world! The words we choose and the meanings we attach to them influence our feelings, attitudes and beliefs. We will look at various theories, external sources, and take part in discussions and activities. We will explore how creative writing can be a powerful coping skill for times when we are feeling overwhelmed

DROP IN HUB (FRIDAYS)

9:30-11:30 AM

Join us for a laid-back and inclusive atmosphere where you can unwind, socialize, learn about how to access different community resources, and engage in various activities at your own pace. Whether you're looking to connect with others, play games, or get creative, this is the perfect space for you.

Intersections 4PM - Central

Creating a safe space for people that identify 2SLGBTQIA+ or are questioning their sexuality of gender identity. Strengthen your peer support base and get connected to various community resources and Queer related events/functions.

Mindful Hour Plus 11:30AM-1PM - Virtual

Take time out of our busy lives to lean and practice being mindful. Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgement. This is developed through the practice of exercising mental wellness achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings thoughts and bodily sensations, used as a therapeutic technique.

Friday Warriors 1:30-3:30pm

Looking for something fun to do and somewhere to meet new people? Come join us and be a Friday Warrior. An informal social gathering whereas a group, we decide together what topics and activities we take part in, some of which include: sharing stories, show & tell, games, trivia, social time, mindfulness, and more! A place where the main goal is to have fun and enjoy social time with others.

Pickle Pals 2:30-3:30pm - Central East

Hey Pals! Do you want to get your pickle on!? Come join us to learn the game of pickleball. Play amongst fellow picklers and enjoy socializing through sport this summer. This is an eight-week outdoor program. We will lead you through a warm-up each week, followed by a few friendly matches. No previous experience required. So, hurry up and register, before this pickle of an opportunity passes you by!

Locations listed refer to region not to actual locations - registration will get you location specific information.

Virtual Groups

All virtual groups require registration to get the zoom link

Mind over Mood 2.0 Tuesdays Oct 8-Nov 12 930-1130AM

Mind Over Mood CBT Wednesdays Oct 9-Nov 27 10AM-12PM