

In Person – Oxford (522 Peel Street unless otherwise specified)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>Ingersoll Shower Hour</b> 10-11:30am <i>NPLC 19 King St. E., Ingersoll</i></p> <p><b>Ingersoll Wellness Social</b> 1-2:30pm <i>Ingersoll Library (130 Oxford St, Ingersoll)</i></p>	<p><b>Coffee Social</b> 10am-1pm</p> <p><b>Crafting</b> 1:30-3:30pm</p> <p><b>Chit Chat Circle</b> 2-3:30pm <i>Woodstock Library (445 Hunter St, Woodstock)</i></p>	<p><b>Hospitals to Home</b> 4-5:30pm (Closed Group: Contact <a href="mailto:Christine.smith@cmhatv.ca">Christine.smith@cmhatv.ca</a> for more information)</p> <p><b>Brightside Youth Hub</b> 2-5pm <i>40 Metcalf St, Woodstock</i></p> <p><b>WRAP</b> 10am-12pm</p>	<p><b>Building a Healthy Self-Esteem</b> 1-2:30pm</p> <p><b>Tillsonburg Wellness Social</b> (3<sup>rd</sup> Thursday of the month) 10-11am <i>Tillsonburg Library (2 Library Lane, Tillsonburg)</i></p>	<p><b>Mindful Photography</b> 11-12:30pm</p>