




# Wellness and Recovery Centre Activities Calendar February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Staff is available by phone:  <b>Monday, Wednesday, Friday: 8:30am-4:00pm</b>  <b>Tuesday, Thursday: 1:00pm-4:00pm</b>                      519-587-4658 ext. 5</p>  				1	2	3
				<p>Wellness &amp; Recovery – SMART Goals (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p>Art Social (9:30am-12:00pm)</p> <p>Art Social (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	Centre Closed
4	5	6	7	8	9	10
Centre Closed	<p>Meditation (9:30am-12:00pm)</p> <p>Photo Club- Camera Functions (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p>Food Stop Chocolate (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	<p>Community Outreach (8:00am-12:00pm)</p> <p>Individual Mental Health Peer Support <b>Appointment Only</b></p>	<p>Wellness &amp; Recovery – Changes in Support System (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p>Art Social- Valentines (9:30am-12:00pm)</p> <p>Comfort Food Lunch (12:00pm)</p> <p>Member's Meeting &amp; Art Social (1:00pm-3:00pm)</p> <p><b>In Person + Member's meeting</b></p>	Centre Closed
11	12	13	14	15	16	17
Centre Closed	<p>Meditation (9:30am-12:00pm)</p> <p>Laughter Club (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p>Bibliotherapy with Jess (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	<p>Individual Mental Health Peer Support</p> <p><b>Appointment Only</b></p>	<p>Wellness &amp; Recovery – Importance of Self-Care (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p>Art Social (9:30am-12:00pm)</p> <p>Art Social (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	Centre Closed
18	19	20	21	22	23	24
Centre Closed	Centre Closed	<p>Billiards Pool Outing (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	<p>Individual Mental Health Peer Support</p> <p><b>Appointment Only</b></p>	<p>Wellness &amp; Recovery – Celebrating the Small Things (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p>Art Social (9:30am-12:00pm)</p> <p>Comfort Food Lunch (12:00pm)</p> <p>Art Social (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	Centre Closed
25	26	27	28	29		
Centre Closed	<p>Meditation (9:30am-12:00pm)</p> <p>Name That Tune- Rock and Roll (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p>Marsh Photo Outing (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	<p>Individual Mental Health Peer Support</p> <p><b>Appointment Only</b></p>	<p>Wellness &amp; Recovery – Challenges &amp; Motivation (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>		

# Wellness and Recovery Centre Activities Calendar February 2024

## What is the Wellness & Recovery Centre?

The Wellness & Recovery Centre (WRC) is a member-driven community program supporting people, age 16 and over, living with a mental illness, mental health challenge and/or addiction. The Centre supports wellness, recovery, and quality of life through social recreation and educational opportunities, peer support and advocacy. Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. The Centre uses a recovery model of service in designing and delivering programs and activities.

The Centre is structured with peer support at its core and foundation. Mental Health Peer Support is a relationship where an individual who has undergone or is moving forward in their personal journey of recovery from a mental illness, assists other people with mental health issues to identify and achieve life goals as part of their own recovery process. It is about the sharing of life's experiences, listening with understanding, and making connections based on common or shared life experiences and living with an illness. The Centre provides individuals with a safe, friendly place where they can socialize, connect, receive, and give support with others through shared personal lived experiences.

Wellness & Recovery Group:	<p><b>Weekly group discussions with different topics pertaining to mental illness, mental health and/or addictions.</b></p> <ul style="list-style-type: none"> <li>• <b>Meditation:</b> Brief discussion about the benefits of meditation, followed by peer lead practice.</li> <li>• <b>Challenges and Motivation:</b> Participate in challenging one another with various activities to help stay motivated and be accountable.</li> <li>• <b>SMART Goals:</b> discussion group on how to make Specific, Measurable, Achievable, Relevant, and Time-Bound goals.</li> <li>• <b>Changes in Support System:</b> discussion group on how to manage changes in our support system.</li> <li>• <b>Importance of Self-Care:</b> discussion group on why self-care is important and how to incorporate it into your life.</li> <li>• <b>Celebrating the Small Things:</b> discussion group on how to notice and appreciate the small things in life.</li> <li>• <b>Bibliotherapy with Jess:</b> Join Jess from the Adult Learning Centre and a Peer Staff in a creative arts therapy that involves storytelling or the reading of specific texts.</li> </ul>
Social Recreation:	<p><b>Weekly activities that may involve various therapeutic mediums, artwork, community outings or presentations and discussion around interesting topics.</b></p> <ul style="list-style-type: none"> <li>• <b>Art Social:</b> Non-structured art program to engage in casual conversation.</li> <li>• <b>Laughter Club</b></li> <li>• <b>Billiards Pool Outing:</b> Signup required. No cost to members.</li> <li>• <b>Name That Tune- Rock and Roll</b></li> </ul>
Education	<p><b>Activities and information that involve various topics of interest.</b></p> <ul style="list-style-type: none"> <li>• <b>Food Stop Chocolate</b></li> </ul>
Members Meeting:	<p>Monthly group where members suggest ideas for future programming.</p>
Photo Club	<p>Get a monthly challenge and see how creative you can be. Explore the functions of your camera in a group setting.</p> <ul style="list-style-type: none"> <li>• <b>Photo Outing:</b> join us in taking marsh photos in Saint Williams. Signup required. No cost to members.</li> </ul>
Individual Peer Support	<p>A practical and emotional support between two people who share a common mental health or mental illness experiences. This is not a crisis support. By appointment only.</p>
Transportation Program	<div style="display: flex; align-items: center; justify-content: space-between;">  <div style="text-align: center; flex-grow: 1;"> <p>Please request or cancel transportation a minimum of 48 hours in advance for booking purposes. To book transportation call 1-519-587-4658 ext. 5</p> </div>  </div>

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