



Wellness and Recovery Centre Activities Calendar January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Centre Closed	Centre Closed	<p>1</p> <p>Name That Tune /Music Share (9:30am-12:00pm)</p> <p>Yahtzee (1:00pm-3:00pm)</p> <p>In Person</p>	<p>2</p> <p>Community Outreach (9:00am-12:00pm)</p> <p>Individual Mental Health Peer Support Appointment Only</p>	<p>3</p> <p>Photo Club Meeting (11am-12pm)</p> <p>Wellness & Recovery – New Year/ New You (1:00pm-3:00pm) In Person + Online</p>	<p>4</p> <p>Art Social (9:30am-12:00pm)</p> <p>Art Social (1:00pm-3:00pm)</p> <p>In Person</p>	Centre Closed
Centre Closed	<p>7</p> <p>Meditation (9:30am-12:00pm)</p> <p>Sit and Get Fit (1:00pm-3:00pm)</p> <p>In Person + Online</p>	<p>8</p> <p>Brain Fit (1:00pm-3:00pm)</p> <p>In Person</p>	<p>9</p> <p>Community Outreach (10am-11:30pm)</p> <p>Individual Mental Health Peer Support Appointment Only</p>	<p>10</p> <p>Wellness & Recovery – Benefits of Groups (1:00pm-3:00pm) In Person + Online</p>	<p>11</p> <p>Art Social (9:30am-12:00pm) Comfort Food Lunch (12:00pm) Member's Meeting & Art Social (1:00pm-3:00pm) In Person + Member's meeting available online 1:30pm</p>	Centre Closed
Centre Closed	<p>14</p> <p>Meditation (9:30am-11:00am)</p> <p>Sit and Get Fit (1:00pm-3:00pm)</p> <p>In Person + Online</p>	<p>15</p> <p>Bowling Outing (1:00pm-3:00pm)</p> <p>In Person</p>	<p>16</p> <p>Individual Mental Health Peer Support Appointment Only</p>	<p>17</p> <p>Wellness & Recovery – Coping with Isolation (1:00pm-3:00pm) In Person + Online</p>	<p>18</p> <p>Art Social (9:30am-12:00pm)</p> <p>Art Social (1:00pm-3:00pm)</p> <p>In Person</p>	Centre Closed
Centre Closed	<p>21</p> <p>Meditation (9:30am-12:00pm)</p> <p>Sit and Get Fit (1:00pm-3:00pm)</p> <p>In Person + Online</p>	<p>22</p> <p>Beaded Keychains Craft (1:00pm-3:00pm)</p> <p>In Person</p>	<p>23</p> <p>Community Outreach (1pm-2:30pm)</p> <p>Individual Mental Health Peer Support Appointment Only</p>	<p>24</p> <p>Wellness & Recovery – Challenges & Motivation (1:00pm-3:00pm) In Person + Online</p>	<p>25</p> <p>Art Social (9:30am-12:00pm) Comfort Food Lunch (12:00pm) Art Social (1:00pm-3:00pm) In Person</p>	Centre Closed
Centre Closed	<p>28</p> <p>Meditation (9:30am-12:00pm)</p> <p>Sit and Get Fit (1:00pm-3:00pm)</p> <p>In Person + Online</p>	<p>29</p> <p>Ice/Water Photo Outing (1:00pm-3:00pm)</p> <p>In Person</p>	<p>30</p> <p>Individual Mental Health Peer Support Appointment Only</p>	<p>31</p> <p>Staff is available by phone: Monday, Wednesday, Friday: 8:30am-4:00pm Tuesday, Thursday: 1:00pm-4:00pm 519-587-4658 ext. 5</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>		



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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>Weekly group discussions with different topics pertaining to mental illness, mental health and/or addictions.</p> <ul style="list-style-type: none"> • Meditation: Brief discussion about the benefits of meditation, followed by peer lead practice. • Challenges and Motivation: Participate in challenging one another with various activities to help stay motivated and be accountable. • Sit and Get Fit: participate in some exercises from a sitting position to build muscle and strength. • New Year/ New You: discussion group on how to start your year off in a positive way. • Benefits of Groups: discussion group on how to participate meaningfully in groups to get the most out of them. • Coping with Isolation: discussion group on how to cope when your social network is small or smaller than your "norm".
Social Recreation:	<p>Weekly activities that may involve various therapeutic mediums, artwork, community outings or presentations and discussion around interesting topics.</p> <ul style="list-style-type: none"> • Art Social: Non-structured art program to engage in casual conversation. • Name That Tune /Music Share • Brain Fit: Games to get your brain thinking. • Bowling Outing: Signup required. No cost to members. • Beaded Keychains Craft • Ice/Water Photo Outing
Members Meeting:	Monthly group where members suggest ideas for future programming.
Photo Club	Get a monthly challenge and see how creative you can be. Photo Outing: take a photo opportunity at local trails.
Individual Peer Support	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.
Transportation Program	<div style="display: flex; align-items: center; justify-content: space-between;">  <div style="text-align: center;"> <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.</p> </div>  </div>