



Wellness & Recovery Centre Activities Calendar March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>Drop-In Program Open: Monday: 9:30am-12:00pm & 1:00pm-3:00pm Tuesday, Thursday: 1:00pm-3:00pm Friday: 9:30am-3:00pm 519-587-4658 ext. 5</p> </div>  </div>						
Centre Closed	<p>Meditation (9:30am-12:00pm)</p> <p>Photo Club – Lighting (1:00pm-3:00pm) In Person + Online</p>	<p>Salt Caves Meditation Outing <i>Limited Spaces Available</i> <i>Sign Up Required</i> (12:30pm-3:00pm)</p>	<p>Community Outreach (8am-12pm) Individual Mental Health Peer Support APPOINTMENT ONLY</p>	<p>Wellness & Recovery – <i>Forgiveness and Letting Go</i> (1:00pm-3:00pm) In Person + Online</p>	<p>Art Social (9:30am-12:00pm) Comfort Food Lunch (12pm) Art Social (1:00pm-3:00pm) In Person</p>	Centre Closed
Centre Closed	<p>Meditation (9:30am-12:00pm)</p> <p>Name That Tune (1:00pm-3:00pm) In Person + Online</p>	<p>Indoor Games (1:00pm-3:00pm) In Person</p>	<p>Individual Mental Health Peer Support APPOINTMENT ONLY</p>	<p>Wellness & Recovery – Conflict Resolution (1:00pm-3:00pm) In Person + Online</p>	<p>Art Social (9:30am-12:00pm) Comfort Food Lunch (12pm) Art Social (1:00pm-3:00pm) In Person</p>	Centre Closed
Centre Closed	<p>Centre Closed 9:30pm-1:30pm</p> <p>Brain Fit (1:30pm-3:00pm) In Person + Online</p>	<p>Snoezelen Meditation Outing <i>Sign Up Required</i> (10:30- 12:30) Spring Wreath Craft <i>Sign Up Required</i> (1:00pm-3:00pm) In Person</p>	<p>Individual Mental Health Peer Support APPOINTMENT ONLY</p>	<p>Wellness & Recovery – Coping with Anxiety (1:00pm-3:00pm) In Person + Online</p>	<p>Art Social (9:30am-12:00pm) Easter Lunch (12pm) Art Social (1:00pm-3:00pm) In Person</p>	Centre Closed
Centre Closed	<p>Meditation (9:30am-12:00pm)</p> <p>Yahtzee (1:00pm-3:00pm) In Person + Online</p>	<p>Easter Themed Baking (1:00pm-3:00pm) In Person</p>	<p>Individual Mental Health Peer Support APPOINTMENT ONLY</p>	<p>Wellness & Recovery – Challenges and Motivation (1:00pm-3:00pm) In Person + Online</p>	Centre Closed	Centre Closed

Wellness and Recovery Centre Activities Calendar March 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>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. • Forgiveness and Letting Go: discussion group on the power and benefits of forgiveness. Followed by tips and tricks to accept and let go. • Conflict Resolution: discussion group on how to manage disagreements and skills to resolve them. • Coping with Anxiety: discussion group on the tips and tricks to manage anxiety.
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. • Salt Caves Meditation Outing: Signup required. No cost to members. • Name That Tune • Indoor Games • Brain Fit • Snoezelen Meditation Outing: Signup required. No cost to members. • Spring Wreath Craft: Signup required. No cost to members. • Yahtzee • Easter Themed Baking
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 lighting functions on your camera in a group setting. Take photos with different lightings to further develop skills.</p>
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>