

# Wellness & Recovery Centre Activities Calendar April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Centre Closed	Centre Closed	<p><b>Laughter Club</b> April Fools (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><b>Wellness &amp; Recovery –</b> Coping with Negative Thoughts (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Art Social</b> (9:30am-12:00pm)</p> <p><b>Comfort Food Lunch</b> (12pm)</p> <p><b>Art Social</b> (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	Centre Closed	
Centre Closed	<p><b>Meditation</b> (9:30am-12:00pm)</p> <p><b>Photo Club – Angles</b> (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Indoor Games</b> (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><b>Wellness &amp; Recovery –</b> Values (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Art Social</b> (9:30am-12:00pm)</p> <p><b>Comfort Food Lunch</b> (12pm)</p> <p><b>Member's Meeting &amp; Art Social</b> (1:00pm-3:00pm)</p> <p><b>In Person + Meeting Online</b></p>	Centre Closed	
Centre Closed	<p><b>Meditation</b> (9:30am-12:00pm)</p> <p><b>Sit and Get Fit</b> (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Food Stop</b> <i>Cheese</i> (1:00pm-3:00pm)</p>	<p>Individual Mental Health Peer Support</p> <p><b>APPOINTMENT ONLY</b></p>	<p><b>Wellness &amp; Recovery –</b> Building a Self-Care Kit (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Art Social</b> (9:30am-12:00pm)</p> <p><b>Comfort Food Lunch</b> (12pm)</p> <p><b>Art Social</b> (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	Centre Closed	
Centre Closed	<p><b>Meditation</b> (9:30am-12:00pm)</p> <p><b>Yahtzee</b> (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Pottery Outing</b> (10am-3:30pm) <i>Limited Spaces Available</i> <i>Sign Up Required</i></p> <p><b>Brain Fit</b> (1pm-3pm)</p> <p><b>In Person</b></p>	<p>Individual Mental Health Peer Support</p> <p><b>APPOINTMENT ONLY</b></p>	<p><b>Wellness &amp; Recovery –</b> Challenges and Motivation (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Art Social</b> (9:30am-12:00pm)</p> <p><b>Comfort Food Lunch</b> (12pm)</p> <p><b>Art Social</b> (1:00pm-3:00pm)</p> <p><b>In Person</b></p>	Centre Closed	
Centre Closed	<p><b>Meditation</b> (9:30am-12:00pm)</p> <p><b>Name That Tune</b> (1:00pm-3:00pm)</p> <p><b>In Person + Online</b></p>	<p><b>Blossoms Photo Outing</b> <i>Sign Up Required</i> (1:00pm-3:00pm)</p> <p><b>Laughter Club</b> (1pm-3pm)</p> <p><b>In Person</b></p>	<p><b>Drop-In Program Open:</b></p> <p><b>Monday:</b> 9:30am-12:00pm &amp; 1:00pm-3:00pm</p> <p><b>Tuesday, Thursday:</b> 1:00pm-3:00pm</p> <p><b>Friday:</b> 9:30am-3:00pm</p> <p><b>519-587-4658 ext. 5</b></p>				





# Wellness and Recovery Centre Activities Calendar April 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>Coping with Negative Thoughts:</b> discussion group on how to manage negative thoughts. Followed by tips and tricks to shift those thoughts.</li> <li>• <b>Values:</b> discussion group on how our personal values impact our lives. Followed by tips to respect other values.</li> <li>• <b>Building a Self-Care Kit:</b> discussion group on items that could prompt you to engage in self-care.</li> <li>• <b>Sit and Get Fit</b></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>Name That Tune</b></li> <li>• <b>Indoor Games</b></li> <li>• <b>Pottery Outing:</b> Signup required. No cost to members.</li> <li>• <b>Yahtzee</b></li> <li>• <b>Laughter Club</b></li> <li>• <b>Brain Fit</b></li> <li>• <b>Blossoms Photo Outing:</b> Signup required. No cost to members.</li> </ul>
Members Meeting:	Monthly group where members suggest ideas for future programming.
Photo Club	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.
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. 5</p> </div>  </div>