

January 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
1	2	3	4	5
8 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	9 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	10 2:00 – 3:30 p.m. <i>Group Session – Self-Management</i> (Centre of Friends 178 Main Street West)	11 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	12 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
15 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	16 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	17 2:00 – 3:30 p.m. <i>Group Session – Mood Disorders</i> (Centre of Friends 178 Main Street West)	18 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	19 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
22 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	23 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	24 2:00 – 3:30 p.m. <i>Group Session – Anxiety</i> (Centre of Friends 178 Main Street West)	25 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	26 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
29 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	30 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	31 2:00 – 3:30 p.m. <i>Group Session – Self-Esteem</i> (Centre of Friends 178 Main Street West)		

The ***Living Healthy Program*** is also offered from 2 to 3 p.m. Monday to Friday at the YMCA. For more information on this program or to register, contact one of the *Partnering Agencies*.

Crisis Intervention

Peer Support

Appointment made with: _____

Time: _____ Date: _____

Location: _____

February 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
			1 1:30 – 3:30 p.m. <i>Journey of Life</i> <i>Women's group</i> (Amelia Rising - 101 Worthington Street East)	2 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
5 1:00 – 4:00 p.m. <i>Walk in Peer</i> <i>Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	6 1:00 – 7:00 p.m. <i>Walk-in Counselling</i> <i>Services</i> (Community Counseling Centre - 361 McIntyre Street East)	7 2:00 – 3:30 p.m. <i>Group Session –</i> Relationships (Centre of Friends 178 Main Street West)	8 1:30 – 3:30 p.m. <i>Journey of Life</i> <i>Women's group</i> (Amelia Rising - 101 Worthington Street East)	9 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
12 1:00 – 4:00 p.m. <i>Walk in Peer</i> <i>Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	13 1:00 – 7:00 p.m. <i>Walk-in Counselling</i> <i>Services</i> (Community Counseling Centre - 361 McIntyre Street East)	14 2:00 – 3:30 p.m. <i>Group Session –</i> Anger Management (Centre of Friends 178 Main St West)	15 1:30 – 3:30 p.m. <i>Journey of Life</i> <i>Women's group</i> (Amelia Rising - 101 Worthington Street East)	16 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
19 Family Day	20 1:00 – 7:00 p.m. <i>Walk-in Counselling</i> <i>Services</i> (Community Counseling Centre - 361 McIntyre Street East)	21 2:00 – 3:30 p.m. <i>Group Session –</i> Substance Misuse (Centre of Friends 178 Main Street West)	22 1:30 – 3:30 p.m. <i>Journey of Life</i> <i>Women's group</i> (Amelia Rising - 101 Worthington Street East)	23 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
26 1:00 – 4:00 p.m. <i>Walk in Peer</i> <i>Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	27 1:00 – 7:00 p.m. <i>Walk-in Counselling</i> <i>Services</i> (Community Counseling Centre - 361 McIntyre Street E)	28 2:00 – 3:30 p.m. <i>Group Session –</i> Co-Dependence (Centre of Friends 178 Main Street West)		

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<input type="checkbox"/> Crisis Intervention	<input type="checkbox"/> Peer Support
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Appointment made with: _____

Time: _____ Date: _____

Location: _____

March 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
1	2		1 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	2 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
5 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	6 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	7 2:00 – 3:30 p.m. <i>Group Session – Self-Management</i> (Centre of Friends 178 Main Street West)	8 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	9 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
12 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	13 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	14 2:00 – 3:30 p.m. <i>Group Session – Mood Disorders</i> (Centre of Friends 178 Main Street West)	15 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	16 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
19 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	20 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	21 2:00 – 3:30 p.m. <i>Group Session – Anxiety</i> (Centre of Friends 178 Main Street West)	22 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	23 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
26 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	27 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	28 2:00 – 3:30 p.m. <i>Group Session – Self-Esteem</i> (Centre of Friends 178 Main Street West)	29 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	30 Good Friday

The ***Living Healthy Program*** is also offered from 2 to 3 p.m. Monday to Friday at the YMCA. For more information on this program or to register, contact one of the *Partnering Agencies*.

Crisis Intervention

Peer Support

Appointment made with: _____

Time: _____ Date: _____

Location: _____

April 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
2 Easter Monday	3 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	4 2:00 – 3:30 p.m. <i>Group Session - Relationships</i> (Centre of Friends 178 Main Street West)	5 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	6 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
9 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	10 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	11 2:00 – 3:30 p.m. <i>Group Session – Anger Management</i> (Centre of Friends 178 Main St West)	12 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	13 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
16 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	17 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	18 2:00 – 3:30 p.m. <i>Group Session – Substance Misuse</i> (Centre of Friends 178 Main Street West)	19 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	20 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
23 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	24 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	25 2:00 – 3:30 p.m. <i>Group Session – Co-Dependence</i> (Centre of Friends 178 Main Street West)	26 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	27 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
30 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)				

The ***Living Healthy Program*** is also offered from 2 to 3 p.m. Monday to Friday at the YMCA. For more information on this program or to register, contact one of the *Partnering Agencies*.

<input type="checkbox"/> Crisis Intervention	<input type="checkbox"/> Peer Support
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Appointment made with: _____

Time: _____ Date: _____

Location: _____