

March 2020 – CMHA Programs Open to All Clients – 311 McArthur Ave.
 ~Come and enjoy the company of others and a chance to boost your wellness!~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>3</p> <p>Peer Support Group 10:00 a.m. – 12:00 p.m.</p>	<p>4</p> <p>Mindfulness Meditation 12:30–1:00 p.m.</p>	<p>5</p> <p>Yoga 12:00–12:30 p.m. PeerZone: Peer Support 1:00–2:30 p.m. Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>6</p> <p>Cards, Games and Company 12:00–1:30 p.m. WRAP 1:00–3:30 p.m.</p>
<p>9</p> <p>Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>10</p> <p>Peer Support Group 10:00 a.m. – 12:00 p.m.</p>	<p>11</p> <p>Employment: Organizing Your Job Search 11:00 a.m. – 12:30 p.m. Mindfulness Meditation 12:30–1:00 p.m.</p>	<p>12</p> <p>Yoga 12:00–12:30 PeerZone: Finding a Contributing Role 1:00–2:30 p.m. Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>13</p> <p>Cards, Games and Company 12:00–1:30 p.m. WRAP 1:00–3:30 p.m.</p>
<p>16</p> <p>Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>17</p> <p>Peer Support Group 10:00 a.m. – 12:00 p.m.</p>	<p>18</p> <p>Employment: Communication Skills 11:00 a.m. – 12:30 p.m. Mindfulness Meditation 12:30–1:00 p.m.</p>	<p>19</p> <p>Yoga 12:00–12:30 p.m. PeerZone: Anxiety 1:00–2:30 p.m. Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>20</p> <p>Cards, Games and Company 12:00–1:30 p.m. Naloxone Training 12:00–12:30 p.m. WRAP 1:00–3:30 p.m.</p>
<p>23</p> <p>Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>24</p> <p>Peer Support Group 10:00 a.m. – 12:00 p.m.</p>	<p>25</p> <p>Employment: Purpose in Vocation 11:00 a.m. –12:30 p.m. Mindfulness Meditation 12:30–1:00 p.m.</p>	<p>26</p> <p>Yoga 12:00–12:30 PeerZone: Making Friends 1:00–2:30 p.m. Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>27</p> <p>Cards, Games and Company 12:00–1:30 p.m. Naloxone Training 12:00–12:30 p.m. WRAP 1:00–3:30 p.m.</p>
<p>30</p> <p>Quit/Reduce Smoking Clinic 1:00–3:00 p.m.</p>	<p>31</p> <p>Peer Support Group 10:00 a.m. – 12:00 p.m.</p>			<p>Check out the Recovery Library for helpful information around wellness:</p> <p>https://recoverylibrary.com/login Login: rluser@cmhaottawa.ca Password: 1234User</p>