

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>APRIL</h1>			1 April Fools' Day 10:30 AM Understanding Anger 2:00 PM Emotional Intelligence 9-12 Positive Care Clinic	2 10:30 AM Stress Management 2:00 PM Acupuncture	3 Good Friday 10:30 AM Guided Imagery 2:00 PM Planning for the Weekend	4 10:30 AM Self-Care 2:00 PM Gratitude
5 10:30 AM Creative Expression 2:00 PM Positive Thinking	6 Easter Monday 10:30 AM Communication 2:00 PM Healthy Boundaries	7 10:00 – 11:30 AM Hope Group 2:00 PM Acupuncture	8 10:30 AM Embracing Imperfection 2:00 PM Healthy Living 9-12 Positive Care Clinic	9 10:30 AM Procrastination 2:00 PM Acupuncture	10 10:30 AM Automatic Thoughts (Student Run) 2:00 PM Guided Imagery	11 10:30 AM Self Esteem 2:00 PM Finding Joy
12 10:30 AM Goal Setting 2:00 PM Recovery Tool Kit	13 10:30 AM Anxiety & Coping 2:00 PM Grounding Techniques	14 10:00 – 11:30 AM Hope Group 2:00 PM Acupuncture	15 10:30 AM Loneliness & Isolation 2:00 PM Balance & Wellness 9-12 Positive Care Clinic	16 10:30 AM Cognitive Distortions 2:00 PM Acupuncture	17 10:30 AM Guided Imagery 2:00 PM Values	18 10:30 AM Journaling 2:00 PM Healthy Habits
19 10:30 AM Healthy Coping Skills 2:00 PM Mindfulness	20 10:30 AM Growth Mindset 2:00 PM Stages of Change	21 10:00 – 11:30 AM Hope Group 2:00 PM Acupuncture	22 10:30 AM Self-Discovery 2:00 PM Stigma 9-12 Positive Care Clinic	23 10:30 AM Understanding Sleep 2:00 PM Acupuncture	24 10:30 AM Guided Imagery 2:00 PM Planning for the Weekend	25 10:30 AM Recreation & Leisure 2:00 PM Fun in Recovery
26 10:30 AM Time Management 2:00 PM Boredom	27 10:30 AM Relapse Prevention 2:00 PM Harm Reduction/Overdose Prevention	28 10:00 – 11:30 AM Hope Group 2:00 PM Acupuncture	29 10:30 AM Relationships & Support Network 2:00 PM Self Awareness 9-12 Positive Care Clinic	30 10:30 AM Relaxation 2:00 PM Acupuncture	1	2

Life Skills

- Sunday to Saturday
- A series of educational groups facilitated by addiction counselors based on the harm reduction model of care.
- Topics include: Boundaries, Relapse Prevention, Stigma, Communication, etc.

Auricular Acupuncture

- Tuesday and Thursday at 2:00 PM
- A non-verbal approach to healing that involves the gentle placement of five small needles into specific sites on each ear
- The treatment lasts for about 45 minutes in a group setting.

Guided Imagery

- Fridays at 10:30 AM
- The facilitator will guide clients through a meditative exercise
- Promotes relaxation and mindfulness skills

Hope Group

- Tuesdays at 10:00 AM
- Hope group will help clients to share their struggles in an open and safe environment so that people can share freely and authentically, while seeking for sources of hope in the midst of their struggles
- This group is facilitated by Lakeridge Health's Spiritual Health Practitioners

Overdose Prevention Group

- Last Monday of every month at 2:00 PM
- Facilitated by a member of the Pinewood Opiate Case Management Team

Planning for the Weekend

- Every other Friday at 2:00 PM
- Allows clients to identify and plan for high-risk situations

Positive Care Clinic

- Wednesdays from 9am-12pm
- The PCC offers Point of Care Testing (POCT) for Hepatitis C and HIV. This can be completed in 20 minutes with a few drops of blood from a finger prick using a device with a small needle. The results will be immediate.
- The PCC is able to book an appointment with an Infectious Disease Doctor at either the Whitby or Peterborough clinic.
- Nursing health teaching regarding preventative strategies to AVOID acquiring HIV and Hep C.