

Pinewood Centre – 300 Centre Street South

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <b>10:30 AM</b> Communication <b>2:00 PM</b> Healthy Boundaries	2 <b>10:30 AM</b> Healthy Relationships <b>2:00 PM</b> Acupuncture	3 <b>10:30 AM</b> Understanding Anger <b>2:00 PM</b> Personal Development	4 <b>10:00 AM</b> Hope Group <b>2:00 PM</b> Acupuncture	5 <b>10:30 AM</b> Guided Imagery <b>2:00 PM</b> Stress Management	6 <b>10:30 AM</b> Self Care <b>2:00 PM</b> Gratitude
7 <b>10:30 AM</b> Goal Setting <b>12:30-1 PM</b> CA Meeting <b>2:00 PM</b> Positive Thinking	8 <b>10:30 AM</b> Coping with Anxiety <b>2:00 PM</b> Grounding Techniques	9 <b>10:30 AM</b> Procrastination <b>2:00 PM</b> Acupuncture	10 <b>10:30 AM</b> Embracing Imperfection <b>2:00 PM</b> Building Confidence	11 <b>10:00 AM</b> Hope Group <b>2:00 PM</b> Acupuncture	12 <b>10:30 AM</b> Guided Imagery <b>2:00 PM</b> Planning for the Weekend	13 <b>10:30 AM</b> Self Esteem <b>2:00 PM</b> Finding Joy
14 <b>10:30 AM</b> Creative Expression <b>12:30-1 PM</b> CA Meeting <b>2:00 PM</b> Recovery Tool Kit	15 <b>10:30 AM</b> Balance & Wellness <b>2:00 PM</b> Growth Mindset	16 <b>10:30 AM</b> Cognitive Distortions <b>2:00 PM</b> Acupuncture	17 <b>10:30 AM</b> Loneliness & Isolation <b>2:00 PM</b> Enhancing Self Awareness	18 <b>10:00 AM</b> Hope Group <b>2:00 PM</b> Acupuncture	19 <b>10:30 AM</b> Guided Imagery <b>2:00 PM</b> Productive vs. Unproductive Worries (Student Group)	20 <b>10:30 AM</b> Healthy Habits <b>2:00 PM</b> Fun in Recovery
21 <b>10:30 AM</b> Healthy Coping Skills <b>12:30-1 PM</b> CA Meeting <b>2:00 PM</b> Mindfulness	22 <b>10:30 AM</b> Relapse Prevention <b>2:00 PM</b> Stages of Change	23 <b>10:30 AM</b> Understanding Sleep <b>2:00 PM</b> Acupuncture	24 <b>10:30 AM</b> Self Discovery <b>2:00 PM</b> Improving Communication	25 <b>10:00 AM</b> Hope Group <b>2:00 PM</b> Acupuncture	26 <b>10:30 AM</b> Guided Imagery <b>2:00 PM</b> Values	27 <b>10:30 AM</b> Healthy Living <b>2:00 PM</b> Journalling
28 <b>10:30 AM</b> Time Management <b>12:30-1 PM</b> CA Meeting <b>2:00 PM</b> Boredom	29 <b>10:30 AM</b> Post-Acute Withdrawal Syndrome (PAWS) <b>2:00 PM</b> Overdose Prevention	30 <b>10:30 AM</b> Emotions <b>2:00 PM</b> Acupuncture	<h1>JUNE</h1>			

**\*Please note: all groups are subject to change/cancellation and staff will do their best to provide timely updates**

### **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.

### **Discussion-Based Group**

- Every Wednesday at 2PM
- Discussion-based group facilitated by two addiction counsellors, covering a different recovery-oriented topic each week

### **Guided Imagery**

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

### **CA (Cocaine Anonymous) Meeting**

- Occurs every Sunday from 12:30 to 1:00 PM
- Cocaine Anonymous is a twelve-step fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction ([ca.org](http://ca.org))

### **Hope Group**

- Thursday 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.