

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

***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.

Guided Imagery

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

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.