

September 2020 *Group Services Online Virtual Programs Using Microsoft Teams*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 GET MOVING 10:30am - 11:00am THERAPEUTIC THURSDAY (Open Discussion) 1:00pm - 2:00pm	4 CREATIVE EXPRESSION (Water Colour Painting) 10:30am - 11:00am
7 LABOUR DAY	8	9	10 GET MOVING 10:30am - 11:00am THEME THURSDAY (Name that Tune - PART2) 1:00pm - 2:00pm	11 CREATIVE EXPRESSION (Grid Shapes) 10:30am - 11:00am
14 WOMEN2WOMEN (Open Discussion) 1:00pm - 2:00pm	15	16	17 GET MOVING 10:30am - 11:00am THRAPEUTIC THURSDAY (Covid 19 Facts & Fiction) 1:00pm - 2:00 pm	18 CREATIVE EXPRESSION (Half & Half) 10:30am - 11:00am MUSIC THERAPY (Live Music with Kristen) 1:00 pm—2:00 pm
21 WOMEN2WOMEN (Sleep) 1:00pm - 2:00pm	22	23 CLINIC WEDNESDAY (Workplace Violence) 10:30am - 11:00am	24 GET MOVING 10:30am - 11:00am THEME THURSDAY (Jeopardy) 1:00pm - 2:00 pm	25 CREATIVE EXPRESSION (Tin Can Pencil Holder) 10:30am - 11:00am
28 WOMEN2WOMEN (Happiness Show & Share) 1:00pm - 2:00pm	29	30		

**TO JOIN A VIRTUAL PROGRAM
PLEASE CONTACT THE GROUP
STAFF LISTED BELOW:**

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Head Injury
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