

November 2020 Virtual & In-Person Group Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 OPERATION WILD OUTING 10:00am - 12:00pm <i>*Call Staff for Information*</i> WOMEN2WOMEN (Open Discussion) 1:00pm - 2:00pm (V)	3 IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*	4 CLINIC WEDNESDAY ("Ooohh Gross") 10:30am - 11:00am (V)	5 GET MOVING 10:30am - 11:00am (V) THERAPEUTIC THURSDAY (We Remember) 1:00pm - 2:00pm (V)	6 CREATIVE EXPRESSION (Shape Art) 10:30am - 11:00am (V) IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*
9 WOMEN2WOMEN (We Remember) 1:00pm - 2:00pm (V)	10 IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*	11 REMEMBRANCE DAY	12 GET MOVING 10:30am - 11:00am (V) THEME THURSDAY (Name that Tune) 1:00pm - 2:00pm (V)	13 CREATIVE EXPRESSION (Inner & Outer Self) 10:30am - 11:00am (V) IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*
16 WOMEN2WOMEN (Skills & Talents) 1:00pm - 2:00pm (V)	17 IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*	18	19 GET MOVING 10:30am - 11:00am (V) THERAPEUTIC THURSDAY (What Makes You Unique) 1:00pm - 2:00 pm (V)	20 CREATIVE EXPRESSION (What's my Super Power) 10:30am - 11:00am (V) IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*
23 WOMEN2WOMEN (Mindfulness) 1:00pm - 2:00pm (V)	24 IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*	25 CLINIC WEDNESDAY SOCIAL WORK: (Anxiety & Coping Strategies) 10:30am - 11:00am (V)	26 GET MOVING 10:30am - 11:00am (V) THEME THURSDAY (Jeopardy) 1:00pm - 2:00 pm (V)	27 CREATIVE EXPRESSION (Coffee Filter Art) 10:30am - 11:00am (V) MUSIC THERAPY 1:30pm—2:30 pm (V) IN-PERSON @ GROUP 1:00pm- 2:30pm *MUST SIGN UP*
30 WOMEN2WOMEN (Let's Get Creative) 1:00pm - 2:00pm (V)	All IN -PERSON GROUP PROGRAMS will be held at the Main Office, and may be cancelled or changed upon short notice. Everyone Participating will be REQUIRED to SIGN UP, SCREEN before attending, and WEAR A MASK.			

Contact a
GROUP SERVICES
 staff to sign up for
 all programs

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IN-PERSON PROGRAM @ GROUP

(V) = Virtual Programming



Head Injury
 Rehabilitation
 Ontario

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