



Resources for HOPE February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Centre Closed
 						
2 Centre Closed	3 Meditation (9am-10am) In Person + Online Name That Tune (1:00pm-3:00pm)	4 Tea Party (1:00pm-3:00pm)	5 Individual Mental Health Peer Support By Appointment Only	6 Wellness & Recovery – Coping with Change (1:00pm-3:00pm) In Person + Online	7 Art Social (9:30am-3pm) Members Meeting/Light Lunch (12:00pm-1:00pm)	8 Centre Closed
9 Centre Closed	10 Meditation (9am-10am) In Person + Online Sketching Tutorial (1:00pm-3:00pm)	11 Valentine Wreath (1:00pm-3:00pm)	12 Individual Mental Health Peer Support By Appointment Only	13 Wellness & Recovery- Coping with SAD (1:00pm-3:00pm) In Person + Online	14 Art Social (9:30am-12:30) Valentine Baking (12:30pm-3:30pm)	15 Centre Closed
16 Centre Closed	17 Centre Closed Family Day	18 Photo Club – Micro/Macro (1:00pm-3:00pm)	19 Individual Mental Health Peer Support By Appointment Only	20 Wellness & Recovery- Procrastination (1:00pm-3:00pm) In Person + Online	21 Art Social (9:30am-12:30pm) Baking Biscuits (12:30pm-3:30pm)	22 Centre Closed
23 Centre Closed	24 Meditation (9am-10am) In Person + Online Painting Clay Sculptures (1:00pm-3:00pm)	25 Winter Trail Walk (1:00pm-3:00pm)	26 Individual Mental Health Peer Support By Appointment Only	27 Wellness & Recovery- Challenges and Motivation (1:00pm-3:00pm) In Person + Online	28 Art Social (9:30am-12:30pm) Cooking Soup (12:30pm-3:30pm)	

