



## MONDAY

### Recovery from Trauma | In-Person

10 weeks series,

**Mondays January 13<sup>th</sup> to April 4<sup>th</sup>**

**10:00 am– 11:30 am**

Telfer Burke Meeting Room

Email: [hello@thewoods.org](mailto:hello@thewoods.org).

### Knitting | In-Person

**1:30 pm – 3:00 pm**

Kelty Dennehy Mental Health Resource Centre

### Monthly Book Club | In-Person

**January 6<sup>th</sup>**

**3:00 pm – 4:00 pm**

**January's Book:** The Heaven and Earth Grocery Store

by James McBride

**February's Book:** The Librarian Spy

by Madeline Martin

Kelty Dennehy Mental Health Resource Centre

### Expressive Art Therapy | Online

**6:00 pm – 8:00 pm**

Email: [artsessions2025@gmail.com](mailto:artsessions2025@gmail.com)

## TUESDAY

### Gentle Yoga | In-Person

**January 28<sup>th</sup>**

**11:00 am– 12:00 pm**

Kelty Dennehy Mental Health Resource Centre

**Please bring your yoga mat**

### Mindful Journalling | In-Person

**1:00 pm – 2:00 pm**

Kelty Dennehy Mental Health Resource Centre

## WEDNESDAY

### Watercolour Painting | In-Person

**10:00 am – 12:00 pm**

Kelty Dennehy Mental Health Resource Centre

### Pet Therapy | In-Person

**2:30 pm– 3:00 pm**

Kelty Dennehy Mental Health Resource Centre

### SMART Recovery | Online

**5:00 pm– 6:00 pm**

Email: [Karen.hoshino@cmhanorthshore.ca](mailto:Karen.hoshino@cmhanorthshore.ca)

## THURSDAY

### Art Therapy for Wellness | Online

**January 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>**

**11.00 am – 1.00 pm**

Email: [ssammut25@gmail.com](mailto:ssammut25@gmail.com)

### Guided Meditation with Erin | Online

**January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>**

**2:00 pm – 3:00 pm**

Email: [Erin@workwellnesscoach.com](mailto:Erin@workwellnesscoach.com)

### Men Let's Talk | Online

**January 9<sup>th</sup>, 23<sup>rd</sup>**

**6:00 pm – 7:30 pm**

Email: [Mlt@cmhanorthshore.ca](mailto:Mlt@cmhanorthshore.ca)

