

# G.R.O.W. & PEER GROUP CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Cooking Club</b> 11:00 - 1:00 Drop in	<b>CBT</b> 11:00 - 12:30 Oct 16 - Dec 4		<b>Virtual Goal Setting</b> 9:00 - 10:00
<b>Craft Group</b> 1:00 - 3:00 Drop in	<b>Sleep Fitness</b> 11.00-12.00 Oct 1 - Oct 22	<b>Cooking Club</b> 11:00 - 1:00 Drop in	<b>Mindfulness</b> 1:30 - 3:00 Oct 3 - Nov 21	<b>Drop In Qi Gong</b> 10:00 - 11:00 Starts Oct 4th
<b>Men's Group</b> 1:00 - 2:30 Oct 21 - Jan 13	<b>Drop In Art</b> 12:30 - 3:30	<b>Drop In Art</b> 12:30 - 3:30	<b>Talk &amp; Step</b> 2:00 - 3:00 Drop in	<b>Cooking Club</b> 11:00 - 1:00 Drop in
	<b>Yoga with Nyk</b> 4:00 - 5:30 Sept 24 - Dec 10			<b>Drop In Art</b> 12:30 - 3:30
<b>NOTE: No groups on statutory holidays</b>			<b>G.R.O.W. PROGRAMS</b>	<b>PEER SUPPORT PROGRAMS</b>

# PEER SUPPORT PROGRAMS

**Designed by and facilitated by our team of Peer Support Workers, the Program offers a wide variety of opportunities to connect with others while learning new skills or enhancing ones we already have. All groups are free of charge and are for participants 19+ For more information visit [www.icmha.ca](http://www.icmha.ca) or call 250-389-1211**

**Conversation Cafe - Offers a welcoming and supportive environment where meaningful conversations ignite connections and facilitate supportive healing. There will be games, arts and crafts, and other engaging activities available as well as light refreshments and snacks. Hosted by Natalie and Amy**

**Cooking Club - Invites you to experience the flavours of the world. Learn new recipes and cooking methods, while using budget basics to create delicious, nutritious restaurant quality meals. Follow the recipe from start to finish, enjoy a lovely lunch together then take a portion home to enjoy later. Hosted by Lorraine, Aerin and Amy**

**Drop In Art - Provides an inclusive and creative environment where like minded people can create art and socialize in a safe space. Supplies are on hand in a variety of mediums as well as craft supplies and colouring books. Hosted by Robbie, Aerin and Amy**

**Virtual Goal Setting Group - Encourages goal setting, and the active, intentional work towards them, through positive and supportive engagement. Hosted by Amy**