

# Calendar Details – February 2024

## Program Sign-Up Required

Workshops and Events require sign up so that we can plan appropriately and make sure the program is not over booked. Sign-up for weekly programs by calling 416-251-8666. Late arrivals and early exits from structured workshops need to be discussed with staff prior to the workshop in order to minimize the impact on the group.



## Program Information

<b>The Body is Not an Apology</b>	We will be having Jenell Austin a registered Social Worker from the East Mississauga CHC come in and give a workshop on the book “The Body is Not an Apology”. The program will be both in person and Virtual and make sure to sign up.
<b>Spa Day</b>	Join us for a day of self-care where we will be indulging in face masks, massages, relaxing music, colouring, snacks and many other relaxing activities. It is important to take some time to relax and take care of our bodies and today is a great day to show ourselves some love.
<b>Grief Workshop with Rose</b>	Rose our community social worker at LAMP will be delivering a workshop around guilt. We will be discussing coping strategies, common thoughts and perspectives and how to best prepare ourselves for these hard times.
<b>Appreciation Day Lunch</b>	Join us this Valentine’s Day for a nice meal and some reflection on ourselves to appreciate who we are and what we have been through. Please let us know if you will be joining us so we can prepare enough food for all our members.
<b>Decorate Cupcakes</b>	Natalie will be leading us through a cupcake making workshop. We will be creating some snowmen on top of some delicious cupcakes!
<b>Write Your Own News Story</b>	Allister will be facilitating a workshop on how to create your own news story either about you or whatever creative story comes to mind.
<b>Trip to Art Gallery of Ontario</b>	On February 28 <sup>th</sup> , we will be heading to the AGO for a trip. We will have lunches for those of you coming and we will be meeting early at 9:30- to head down.