

# Calendar Details – March 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>Tree of Life</b>	Rebecca will be leading us through a narrative therapy inspired program called the tree of life. It is an art activity where we will look at our lives through the metaphor of trees in a forest.
<b>Child's Play</b>	Join us on the 12 <sup>th</sup> for a program to recall your inner child! We will have a variety of activities to hopefully spark some nostalgia of things you may have done in your childhood. We will play with Legos, do some finger painting and other activities, it should be a lot of fun and we hope to see you here.
<b>St. Patrick's Day Party</b>	We will be celebrating St. Pat's on Friday the 15 <sup>th</sup> . We will have some activities, good food, gold, and lots of green décor! Please let us know if you will be joining us so we can prepare enough food for everyone.
<b>Peer Chat</b>	Our student placement Natalie will be leading Peer Chat discussions starting in March. Our peer chats are meant to be a safe place to discuss our own experience on certain issues. We usually have some basic information and questions to start before the discussion enriches our learning on each subject. We will be going through these topics in order in March: Triggers, Anxiety, Procrastination & Isolation.
<b>Community Art</b>	Allister will be leading us through an art program centered on aspects of community. The goal is to create separate pieces of parts of the community and putting them together to create one piece. If we have enough felt that will most likely be the base of our pieces. If you have any questions or would like to sign up please give us a call.
<b>Coffee House Campfire Indoors</b>	For our Coffee House this month we will be bringing the outdoors indoors! We will be doing our best to adapt some classic outdoor activities like a campfire and smores into our program space.