

Calendar Details – April 2025


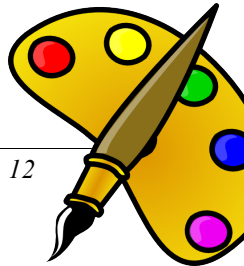
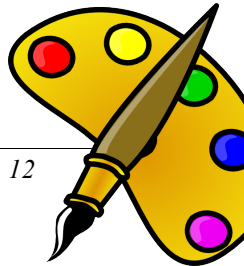

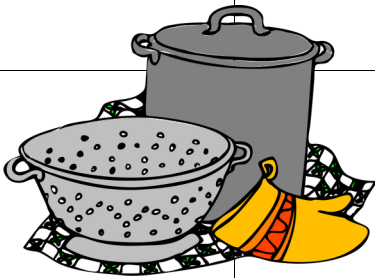

Program Sign-Up Required

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

Making Lip Balm With Zain	Our student Zain is planning an interesting program for April Fools as we will be making our own lip balms! We will be using unscented products but it is sure to be an interesting experience. Zain will also be finishing his placement on the 22 nd so come by to wish him well.
Art With Kat	We will be continuing our art series with Kat (Katherine) and will also be still focusing on water colours. Kat is going over techniques and ways to practice to educate us on the various ways to use water colours effectively. Feel free to still join if you haven't been a part of the previous programs!
Mental Health Advocacy Group	With May Mental Health month approaching we will once again be working on a campaign or poster that we can have over in the LAMP building. We will do some brainstorming and collaborate on a project together.
Sleep Programs	Rebecca and our new relief staff Nick will be collaborating on 2 sleep programs happening this month. The first is a part of Peer toolbox on the 7 th and will be more group discussion and personal experiences based. The second happening on the 25 th will involve more education and techniques you can use to improve your sleep health.
Spring Fling Party	We are celebrating the coming of spring with a party! We will have some fun activities, good food and desserts! If you have any ideas please let us know.
Happy Home Arranging	Rebecca will be leading a program on how to rejuvenate or reclaim our home spaces! If you are looking to improve your living space or techniques to get you started join us on the 29 th !

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		¹ V-Chair Fit 11-12 Making Lip Balm with Zain 1-3	² Art with Kat 1-3:30	³ V-Writing 1-3 Meditation 3:30-4:30	⁴ Coffee & Chat 1-3:30	⁵ 
	⁷ V-Peer Toolbox: Sleep 11-12:30 Music Therapy 1-2	⁸ V-Chair Fit 11-12 Making Gifts and Jewelry 1-3	⁹ Healthy Cooking with Zain 1-3	¹⁰ Closed For Staff Meetings	¹¹ Art Journaling 1-3:30	¹² 
¹³	¹⁴ V-Peer Toolbox: Sorrow/Sadness 11-12:30 Music Therapy 1-2	¹⁵ V-Chair Fit 11-12 V-Mental Health Advocacy Group 1-3	¹⁶ V-Planning Meeting & Birthday Bash 1-3	¹⁷ Spring Fling Party 1-3	¹⁸ Closed for Good Friday	¹⁹ Coffee & Chat 1-3:30
²⁰ 	²¹ Closed for Easter Monday	²² V-Chair Fit 11-12 Coffee & Chat 1-3:30	²³ Dietitian: Healthy Cooking 1-3	²⁴ Funny Bones 12-3 	²⁵ V- Lunch 'n Learn: Sleep 1-3	²⁶ 
²⁷	²⁸ V-Peer Toolbox: Communication Styles 1 11-12:30 Music Therapy 1-2	²⁹ V-Chair Fit 11-12 V- Happy Home Arranging 1-3	³⁰ Art with Kat 1-3:30			