

Pinewood Centre – 300 Centre Street South

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 10:30 AM Healthy Relationships 2:00 PM Acupuncture	2 10:30 AM Embracing Imperfection 2:00 PM Stigma	3 10:30 AM Hope Group 2:00 PM Acupuncture	4 10:30 AM Guided Imagery 2:00 PM Planning for the Weekend	5 10:30 AM Self-Care 2:00 PM Gratitude
6 10:30 AM Goal Setting 12:30 PM CA Meeting 2:00 PM Positive Thinking	7 10:30 AM Communication 2:00 PM Healthy Boundaries	8 10:30 AM Cognitive Distortions 2:00 PM Acupuncture	9 10:30 AM Loneliness & Isolation 2:00 PM Relapse Prevention	10 10:30 AM Hope Group 2:00 PM Acupuncture	11 10:30 AM Guided Imagery 2:00 PM Values	12 10:30 AM Self Esteem 2:00 PM Finding Joy
13 10:30 AM Creative Expression 12:30 PM CA Meeting 2:00 PM Recovery Tool Kit	14 10:30 AM Coping with Anxiety 2:00 PM Grounding Techniques	15 10:30 AM Understanding Sleep 2:00 PM Acupuncture	16 10:30 AM Self-Discovery 2:00 PM Coping with Depression	17 10:30 AM Hope Group 2:00 PM Acupuncture	18 10:30 AM Guided Imagery 2:00 PM Planning for the Weekend	19 10:30 AM Healthy Habits 2:00 PM Fun in Recovery
20 10:30 AM Time Management 12:30 PM CA Meeting 2:00 PM Mindfulness	21 10:30 AM Balance & Wellness 2:00 PM Growth Mindset	22 10:30 AM Harm Reduction 2:00 PM Acupuncture	23 10:30 AM Social Health & Wellness 2:00 PM Addiction and the Brain	24 10:30 AM Hope Group 2:00 PM Acupuncture	25 10:30 AM Guided Imagery 2:00 PM Post Acute Withdrawal Syndrome (PAWS)	26 10:30 AM Self-Awareness 2:00 PM Journaling
27 10:30 AM Boredom 12:30 PM CA Meeting 2:00 PM Fun in Recovery	28 10:30 AM Stages of Change 2:00 PM Overdose Prevention	29 10:30 AM Healthy Coping Skills 2:00 PM Acupuncture	30 10:30 AM Creative Expression 2:00 PM Building Confidence	SEPTEMBER		

***Please note: all groups are subject to change/cancellation and staff will do their best to provide timely updates**

Life Skills

- Sunday to Saturday
- A series of educational groups facilitated by addiction counselors based on the harm reduction model of care.
- Topics include: Boundaries, Relapse Prevention, Stigma, Communication, etc.

Auricular Acupuncture

- Tuesday and Thursday at 2:00 PM
- A non-verbal approach to healing that involves the gentle placement of five small needles into specific sites on each ear
- The treatment lasts for about 45 minutes in a group setting.

Guided Imagery

- Fridays at 10:30 AM
- The facilitator will guide clients through a meditative exercise
- Promotes relaxation and mindfulness skills

CA (Cocaine Anonymous) Meeting

- Occurs every Sunday from 12:30 to 1:30 PM
- Cocaine Anonymous is a twelve-step fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction (ca.org)

Hope Group

- Thursday at 10:00 AM
- Hope group will help clients to share their struggles in an open and safe environment so that people can share freely and authentically, while seeking for sources of hope in the midst of their struggles
- This group is facilitated by Lakeridge Health's Spiritual Health Practitioners

Overdose Prevention Group

- Last Monday of every month at 2:00 PM
- Facilitated by a member of the Pinewood Opiate Case Management Team

Planning for the Weekend

- Every other Friday at 2:00 PM
- Allows clients to identify and plan for high-risk situations

Positive Care Clinic

- Wednesdays from 9am-12pm
- The PCC offers Point of Care Testing (POCT) for Hepatitis C and HIV. This can be completed in 20 minutes with a few drops of blood from a finger prick using a device with a small needle. The results will be immediate.
- The PCC is able to book an appointment with an Infectious Disease Doctor at either the Whitby or Peterborough clinic.
- Nursing health teaching regarding preventative strategies to AVOID acquiring HIV and Hep C.