Pinewood Centre – 300 Centre Street South

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

Lakeridge Health

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***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.

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