



SEPTEMBER 1 - 3

THURSDAY 1

8:30 PM
HEALING AND RECOVERY
FROM TRAUMA

10 AM
NARCISSISTIC ABUSE SUPPORT GROUP

1 PM
GRIEF- DEATH OF A SPOUSE,
PARENT, FRIEND

FRIDAY 2

10 PM
ANXIETY AND STRESS

12 PM
MINDFULNESS & MENTAL HEALTH

7 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

SATURDAY 3

1 PM
RELATIONSHIPS



SEPTEMBER 4 - 10

SUNDAY

4

7:00 PM
LIVING WITH CHRONIC PAIN
& DISABILITY

MONDAY

5

12 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

2 PM
ANXIETY AND STRESS

7:30 PM
DEPRESSION, BOREDOM
& LONELINESS

TUESDAY

6

7:30 AM
INTEGRATING BODY & MIND
THROUGH YOGA

9 AM
EATING DISORDERS 18+

11:30 PM
GUIDANCE FOR ARTISTS

1:30 PM
THE GUY'S WORKSHOP

5:30 PM
MANAGING BIPOLAR TO LIVE
YOUR BEST LIFE

WEDNESDAY

7

12 PM
ADHD PEER SUPPORT GROUP

8 PM
WOMEN'S GROUP FOR
SELF-LOVE/SELF ESTEEM

THURSDAY

8

8:30 AM
LGBTQ PEER SUPPORT GROUP

10 AM
NARCISSISTIC ABUSE SUPPORT GROUP

7 PM
PARENTING

FRIDAY

9

10 PM
ANXIETY AND STRESS

12 PM
EATING DISORDERS 17 & UNDER

1:30 PM
RAPID SOLUTION COACHING

7 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

SATURDAY

10

1 PM
RELATIONSHIPS



SEPTEMBER 11 - 17

SUNDAY 11

6:00 PM
LIVING WITH CHRONIC PAIN
& DISABILITY

MONDAY 12

12 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

2 PM
ANXIETY AND STRESS

7:30 PM
DEPRESSION, BOREDOM
& LONELINESS

TUESDAY 13

7:30 AM
INTEGRATING BODY & MIND
THROUGH YOGA

9 AM
EATING DISORDERS 18+

11:30 PM
GUIDANCE FOR ARTISTS

1:30 PM
THE GUY'S WORKSHOP

5:30 PM
MANAGING BIPOLAR TO LIVE
YOUR BEST LIFE

WEDNESDAY 14

12 PM
ADHD PEER SUPPORT GROUP

8 PM
WOMEN'S GROUP FOR
SELF-LOVE/SELF ESTEEM

THURSDAY 15

8:30 AM
HEALING AND RECOVERING
FROM TRAUMA

10 AM
NARCISSISTIC ABUSE SUPPORT GROUP

7 PM
PARENTING

FRIDAY 16

10 PM
ANXIETY AND STRESS

12 PM
MINDFULNESS & MENTAL HEALTH

7 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

SATURDAY 17

1 PM
RELATIONSHIPS



SEPTEMBER 18 - 24

SUNDAY 18

7:00 PM
LIVING WITH CHRONIC PAIN
& DISABILITY

MONDAY 19

12 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

2 PM
ANXIETY AND STRESS

7:30 PM
DEPRESSION, BOREDOM
& LONELINESS

TUESDAY 20

7:30 AM
INTEGRATING BODY & MIND
THROUGH YOGA

9 AM
EATING DISORDERS 18+

1:30 PM
THE GUY'S GROUP

5:30 PM
MANAGING BIPOLAR TO LIVE
YOUR BEST LIFE

WEDNESDAY 21

10 AM
CHANGING YOUR BEHAVIOUR
AND MINDSET

12 PM
ADHD PEER SUPPORT GROUP

8 PM
WOMEN'S GROUP FOR
SELF-LOVE/SELF ESTEEM

THURSDAY 22

8:30 AM
LGBTQ PEER SUPPORT GROUP

10 AM
NARCISSISTIC ABUSE SUPPORT GROUP

7 PM
PARENTING

FRIDAY 23

10 PM
ANXIETY AND STRESS

12 PM
MINDFULNESS AND MENTAL HEALTH

1:30 PM
RAPID SOLUTION COACHING

7 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

SATURDAY 24

1 PM
RELATIONSHIPS



SEPTEMBER 25 - 30

SUNDAY 25

7:00 PM
LIVING WITH CHRONIC PAIN
& DISABILITY

MONDAY 26

12 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS

2 PM
ANXIETY & STRESS

7:30 PM
DEPRESSION, BOREDOM
& LONELINESS

TUESDAY 27

7:30 AM
INTEGRATING BODY & MIND
THROUGH YOGA

9 AM
EATING DISORDERS 18+

11:30 PM
GUIDANCE FOR ARTISTS

1:30 PM
THE GUY'S WORKSHOP

5:30 PM
MANAGING BIPOLAR TO LIVE
YOUR BEST LIFE

WEDNESDAY 28

10:00 PM
DEPRESSION, BOREDOM
& LONELINESS

12 PM
ADHD PEER SUPPORT GROUP

8 PM
WOMEN'S GROUP FOR
SELF-LOVE/SELF ESTEEM

THURSDAY 29

8:30 AM
HEALING AND RECOVERING
FROM TRAUMA

10 AM
NARCISSISTIC ABUSE SUPPORT GROUP

1 PM
GRIEF - LOSS OF A PARENT,
POUSE AND FRIEND

7:30 PM
PARENTING

FRIDAY 30

10 AM
ANXIETY & STRESS

12 PM
MINDFULNESS & MENTAL HEALTH

7 PM
OCD & INTRUSIVE &
OBSESSIVE THOUGHTS