



# Peers of the Round Table Support Centre

## Monday - Saturday 10AM - 3PM

### 60 Queen Street, Kingston ON

(613)549-4964/ksc@psseo.ca



June 2017— *“The sun always breaks through the darkest clouds.”*

Mon	Tue	Wed	Thu	Fri	Sat
<b>Legend:</b> <b>A&amp;MHS Talk—Addictions and Mental Health Survivors Talk.</b> —A peer lead support group for peers with lived experience with addictions and or mental health. An opportunity to share success stories, find support, talk about struggles and how one can overcome them.			1 <b>Bingo with Prize</b> <b>10:30-11:30am</b> Lunch: Mac & Cheese	2 <b>Exploring Gratitude:</b> <b>11—11:30 am</b> Lunch: Mini Pizza’s <b>Current Events 1pm</b>	3 Lunch: Spaghetti <b>Mindfulness Walk</b> <b>1pm-1:30pm</b>
5 <b>OPEN: 11:00 AM</b> Lunch: Hot Dogs <b>Humour Group</b> <b>11:00-11:30 am</b>	6 <b>Exploring Gratitude:</b> <b>11-11:30 am</b> Lunch: Chicken Burgers	7 <b>Coffee/tea Current</b> <b>Events: 11-11:30 am</b> Lunch: Wraps <b>Meditation 1pm-1:30pm</b>	8 <b>Art: Wellness Journey</b> <b>10:30-11:30 (Bird Feeders)</b> Lunch: Chicken Pasta <b>Community Kitchen:1pm</b>	9 <b>Making Healthy Food</b> <b>Choices: 11-11:30am</b> <b>Lunch: Lasagna</b> <b>Back In The Day Group 1-2pm</b>	10 <b>A&amp;MH Talk:11:00-11:30am</b> Lunch: Frittata <b>Intentional Movie:“A Street Cat Named Bob”</b>
12 <b>OPEN: 11:00 AM</b> Lunch: Hot Dogs <b>Games Galore</b>	13 <b>Mandalas &amp; Chat: 11am</b> Lunch: Chicken Burgers <b>Current Events: 1pm</b>	14 <b>Expressive Art: 10:30</b> Lunch: Tuna Melts <b>Afternoon Tea 1:30-2:45pm</b>	15 <b>Tania Christie Talk about</b> <b>volunteers at Providence</b> <b>10:30am-11:30am</b> Lunch: Sloppy Joes	16 <b>Drop-in Chat 11pm</b> <b>Post Wrap Group 1-3pm</b> Lunch: Mac & Cheese	17 <b>Current Events:</b> <b>11-11:30 am</b> Lunch: Meatball Subs <b>Games Galore 1-2pm</b>
19 <b>OPEN:11:00 AM</b> Lunch: Hot Dogs <b>Humour Group</b> <b>11:00-11:30 am</b>	20 <b>OPEN: 11:00 AM</b> <b>Exploring Gratitude: 11am</b> Lunch: Chicken Burgers	21 <b>Coffee/Tea Current</b> <b>Events: 11am</b> Lunch: Grilled H&C <b>Meditation: 1pm-1:30pm</b>	22 <b>Art: Wellness Journey</b> <b>10:30—11:30</b> Lunch: Fajitas & Cake <b>Community Kitchen:1pm</b>	23 <b>Making Healthy Food</b> <b>Choices: 11-11:30am</b> Lunch: Hamburgers <b>Meditation: 1-1:15pm</b>	24 <b>Music Appreciation</b> <b>Group 10:30-11:30</b> Lunch: Frittata <b>Cleaning Party 1pm</b>
26 <b>OPEN: 11:00 AM</b> Lunch: Hot Dogs <b>Games Galore</b>	27 <b>Mandalas &amp; Chat: 10am</b> <b>Celebrate Life Talk 11am</b> Lunch: Jeff’s Taco Salad	28 <b>Art: Wellness Journey</b> <b>10:30-11:30 am</b> Lunch: Wraps <b>Afternoon Tea 1:30-2:45pm</b>	29 <b>Bingo with Prize</b> 10:30-11:30 Lunch: Chicken Burgers <b>Back In The Day Group 1-2pm</b>	30 <b>Exploring Gratitude:</b> <b>11—11:30 am</b> Lunch: Mini Pizza’s <b>Current Events 1pm</b>	