



# Peers of the Round Table Support Centre

## Monday - Saturday 10AM - 3PM

### 60 Queen Street, Kingston ON

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

October 2017 *Journey to Recovery* ~The struggle you are in TODAY is developing the strength you need for TOMORROW

| Sun | Mon   | Tue   | Wed  | Thu  | Fri   | Sat  |
|-----|---|---|--|--|---|--|
|     | 2<br>11:00 - 11:30am<br><b>Coffee &amp; Chat</b><br>*CLOSED at 2:00pm*  | 3<br>1:00 - 1:30pm<br><b>Meditation</b>   | 4<br>11:00 - 11:30am<br><b>Gratitude Group</b>                                       | 5<br><b>Recovery Mural</b>                                 | 6<br>11:00 - 11:30am<br><i>Self Advocacy</i><br>12:30 - 1:00pm<br><b>New Baking Group</b> | 7<br>10:30am<br><b>Ricky's Reels Movie</b>   |
| 8   | 9<br><b>CLOSED—<br/>Thanksgiving</b>                                    | 10<br><b>11:00 am<br/>Home Base Housing<br/>Guest Speaker</b><br>*CLOSED at 2:00pm*                                   | 11<br>11:00 - 11:30am<br><b>Sarah's Circle</b><br>1:00 - 1:30pm<br><b>Meditation</b> | 12<br><b>Recovery Mural</b>                                | 13<br>11:00 - 11:30am<br><i>Triggers</i><br>1:00 - 1:30pm<br><i>Meditation</i>            | 14<br>10:30 - 11:30am<br><b>Open Crafts</b><br>1:00 - 2:30pm<br><b>Movie &amp; Popcorn</b> |
| 15  | 16<br>11:00 - 11:30am<br><b>Coffee &amp; Chat</b><br>*CLOSED at 2:00pm* | 17<br>10:30 - 11:30am<br><b>Mandalas &amp; Chat</b>   | 18<br>12:15pm<br><b>Peer/Centre Meeting</b>  | 19<br><b>Recovery Mural</b>                                | 20<br>12:30 - 1:30pm<br><b>New Baking Group</b>   | 21<br>Women's Wellness &<br>Spa Day  |
| 22  | 23<br>11:00 - 11:30am<br><b>Coffee &amp; Chat</b><br>*CLOSED at 2:00pm* | 24<br>10:30am - 2:30pm<br>Peer Recovery Day<br>Prep   | 25<br>10:30am - 2:30pm<br>Peer Recovery Prep<br>Day                                  | 26<br>Open 11am—3pm<br><i>Recovery Celebration<br/>Day</i> | 27<br>11:00 - 11:30am<br><i>Support Circles</i><br>1:00 - 1:30pm<br><b>Meditation</b>     | 28<br>10:30 - 11:30am<br><b>Open Crafts</b><br>1:00 - 2:00pm<br><b>Games</b>               |
| 29  | 30<br>11:00 - 11:30am<br><b>Coffee &amp; Chat</b><br>*CLOSED at 2:00pm* | 31<br>11:00 - 11:30am<br><b>Sarah's Circle</b><br><b>HAPPY HALLOWEEN!</b><br>12:30 - 1:00pm<br><b>Costume Contest</b> |  |  |   |  |





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## Menu — Oct 2017

- 2 Hot Dogs
- 3 Chicken Burgers
- 4 Wraps
- 5 Mac & Cheese
- 6 Tuna Melts
- 7 Lasagna
- 9 Closed
- 10 Hot Dogs
- 11 Sloppy Joes
- 12 Fajitas
- 13 Spaghetti
- 14 Chicken Burgers
- 16 Hot Dogs
- 17 Taco Salad
- 18 Wraps
- 19 Tuna Melts
- 20 Pasta Bake
- 21 Meat Balls
- 23 Hot Dogs
- 24 Mac & Cheese
- 25 Mini Pizza
- 26 Recovery Day-Chili Fest
- 27 Fajitas
- 28 Frittata
- 30 Hot dogs
- 31 Chicken Burgers

October is Month of Recovery, a time to celebrate your struggles, triumphs, and journey towards wellness and recovery. Please take part in our weekly Recovery day activities, and celebrate with us **Your Day of Recovery on October 26th!**

