



# 3 Doors Down - Picton Support Centre

Monday- Friday 10:00am - 3:00pm

333 Main Street

Picton, ON K0K 2T0

(613) 471 - 1347/3dd@psseo.ca

JANUARY

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>CLOSED</b>	2 <b>CLOSED</b>	3 <b>11:00 AM Self Care</b> 12:00 PM Lunch: Meatloaf  1:00 PM Skip Bo	4 <b>11:00 AM Dining on a Budget</b> 12:00PM Lunch: Monte Cristos 1:00 PM Chair Yoga	5 <b>11:00 AM Mindfulness</b>  12:00 PM Lunch: Fish & Chips	6
7	8 <b>11:00 AM Alzheimer's Society Presentation</b> 12:00 PM Lunch: French 1:00 PM Warming My Heart  <b>2:00 PM Closed</b>	9 <b>11:00 AM Beating Winter Blues</b> 12:00 PM Lunch: Chili  1:00 PM Painting	10 <b>11:00 AM PTSD</b> 12:00 PM Lunch: Mac & Cheese  1:00 PM Self Care Jars	11 <b>11:00 AM Physical &amp; Mental Health Connections</b> 12:00 PM Lunch: Chinese Food 1:00PM Baking	12 <b>11:00 AM Self Esteem</b> 12:00 PM Lunch: Soup and Sandwiches  1:00 PM Cards	13
14	15 <b>10:00 AM Site Meeting</b> <b>11:00AM Mental Health Group</b> 12:00 PM Lunch:McMuffins 1:00 PM Craft <b>2:00 PM Closed Staff MTG</b>	16 <b>11:00 AM Major Depressive Disorder</b> 12:00 PM Lunch: Soup and Sandwiches 1:00 PM Sensory Bottles	17 <b>11:00 AM Chill Skills</b> 12:00 PM Lunch: Shepherds Pie 1:00 PM Coping Skills Fortune Teller	18 <b>11:00 AM Alternatives for Women Presentation</b> 12:00 PM Lunch: Stir Fry  1:00 PM Painting	19 <b>11:00 AM Food vs Mood</b> 12:00 PM Lunch: BLT'S  1:00 PM Skip Bo	20
21	22 <b>11:00AM Mental Health Group</b> 12:00 PM Lunch: Sausages & Eggs 1:00 PM Fired Ink Art <b>2:00 PM Closed</b>	23 <b>11:00 AM Mental Health History</b> 12:00 PM Lunch: Bagels & Cream Cheese 1:00 PM Pine Cones	24 <b>11:00 AM Personal Hygiene</b>  12:00 PM Lunch: Spaghetti  1:00 PM Scrabble	25 <b>11:00 AM Grounding</b> 12:00 PM Lunch: Soup and Sandwiches  1:00 PM Chair Yoga	26 <b>11:00 AM Relapse Prevention</b> 12:00 PM Lunch: Monte Cristos 1:00 PM Wii	27
28	29 <b>11:00 AM Mental Health Group</b> 12:00 PM Lunch: Westerns 1:00 PM Cards <b>2:00 PM Closed</b>	30 <b>11:00 AM Food Labels &amp; How to Read Them</b> 12:00 PM Lunch: Tuna Melts  1:00 PM Slime	31 <b>11:00 AM Communication</b>  12:00 PM Lunch: Sloppy Joes  1:00 PM Sun Catchers			