



Trenton Peer Support Centre - New Beginnings
Monday - Friday 10:00AM - 3:00PM
76 Dundas Street West
613.394.3449
www.psseo.ca

APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Easter Monday Centre Closed	2 10:30AM Coffee Connection 12:00PM Hot Dogs & Salad 1:00PM Games	3 10:30AM Meditation 12:00PM Tacos 1:00PM Baking	4 10:30AM Coffee Connection 12:00PM Chicken Nuggets & Fries 1:00PM Self Care	5 10:30AM Movie 12:00PM Chili 1:00PM Bingo	6
7	8 10:30AM Anxiety Discussion 12:00PM Butter Chicken 1:00PM Crafts	9 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM Cards	10 10:30AM Coffee Connection 12:00PM Chicken Alfredo 1:00PM Chair Yoga	11 10:30AM Movie 12:00PM Breakfast for lunch 1:00 PM Self Care	12 10:30AM Coffee Connection 12:00PM Chicken Cesar Wraps 1:00PM Bingo	13
14	15 10:30AM Coffee Connection 12:00PM Cold Plate 1:00PM Recovery Open Discussion	16 10:30AM Chair Aerobics 12:00PM Hot Dogs & Salad 1:00PM Baking	17 10:30AM Meditation 12:00PM Tacos 1:00PM Coping Mechanisms for Mental Wellness	18 10:30AM Coffee Connection 12:00PM Chicken Nuggets & Fries 1:00PM Self Care	19 10:30AM Trivia 12:00PM Chili 1:00PM Bingo	20
21	22 10:30AM Coffee Connection 12:00PM Butter Chicken 1:00PM Crafts	23 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM Movie	24 10:30AM Coffee Connection 12:00PM Chicken Alfredo 1:00PM Baking	25 10:30AM Coloring 12:00PM Breakfast for lunch 1:00PM Self Care	26 10:30AM Coffee Connection 12:00PM Chicken Cesar Wraps 1:00PM Bingo	27
28	29 Dinner Night 2:00pm-7:00pm	30 10:30AM Trivia 12:00PM Hot Dogs & Salad 1:00PM My Story				