



Trenton Peer Support Centre - New Beginnings

Monday - Friday 10:00AM - 3:00PM

76 Dundas Street West

613.394.3449

www.psseo.ca

SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	1 Labor Day Centre Closed	2 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Board Games	3 10:30AM Anger Management 12:00PM Poutine 1:00PM Baking	4 10:30AM Coloring 12:00PM French Toast & Sausages 1:00PM Self Care	5 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Bingo	7
8	8 10:30AM Anxiety Discussion 12:00PM Butter Chicken 1:00PM Crafts	9 10:30AM Coffee Connection 12:00PM Cold Plate 1:00PM Cards	10 10:30AM Meditation 12:00PM Sloppy Joes & Veggies 1:00PM Chair Yoga	11 10:30AM Movie 12:00PM Mac & Cheese & Hotdogs 1:00 PM Self Care	12 10:30AM Coffee Connection 12:00PM Pancakes & Fruit 1:00PM Bingo	14
15	15 10:30AM Movie 12:00PM Chicken Alfredo 1:00PM Recovery Open Discussion	16 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Baking	17 10:30AM Chair Aerobics 12:00PM Poutine 1:00PM Coping Mechanisms for Mental Wellness	18 10:30AM Trivia 12:00PM French Toast & Sausages 1:00PM Self Care	19 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Bingo	21
22	22 10:30AM Coffee Connection 12:00PM Butter Chicken 1:00PM Crafts	23 10:30AM Coffee Connection 12:00PM Cold Plate 1:00PM Movie	24 10:30AM My Story 12:00PM Sloppy Joes & Veggies 1:00PM Baking	25 10:30AM Coloring 12:00PM Mac & Cheese & Hotdogs 1:00PM Self Care	26 Dinner Night 2:00PM—7:00PM	28
29	29 10:30AM Coffee Connection 12:00PM Pancakes & Fruit 1:00PM Bingo	30 10:30AM Coffee Connection 12:00PM Pizza 1:00PM My Story				