



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

JANUARY 2025

Sun Mon Tue Wed Thu Fri Sat

			1 CENTRE CLOSED NEW YEARS DAY	2 12:00 Hamburger/Hot dogs with fries Activity: Topic OTD: Online activities	3 12:00 Monte Crisco Activity: Topic OTD: Meditation	4
5	6 12:00 Pancakes and sausage Activity: Cards Topic OTD: Staying warm	7 12:00 Spaghetti Activity: Music Topic OTD: physical health	8 12:00 Taco or Quesadilla Activity: Bingo Topic OTD: Substance use	9 12:00 Soup and sandwich Activity: Crafts Topic OTD: peer pressure	10 12:00 Chicken strips and fries Activity: Movie or games Topic OTD: boundaries	11
12	13 12:00 Chilli Activity: Cards Topic OTD: giving back	14 12:00 Chicken stir fry Activity: Music Topic OTD: respect	15 12:00 Tuna melt or casserole Activity: bingo Topic OTD: hobbies	16 12:00 Hotdogs or hamburgers and fries Activity: Crafts Topic OTD: movies	17 12:00 Monte Crisco Activity: Movie or games Topic OTD: hygiene struggles	18
19	20 12:00 Pancakes and sausage Activity: Cards Topic OTD: anxiety	21 12:00 Spaghetti Activity: Music Topic OTD: depression	22 12:00 Taco or Quesadilla Activity: Bingo Topic OTD: feeling good	23 12:00 Soup and sandwich Activity: Crafts Topic OTD: family	24 12:00 Chicken strips and fries Activity: Movie or games Topic OTD: housing	25
26	27 12:00 Chili Activity: Cards Topic OTD: gratitude	28 12:00 Chicken stir fry Activity: Music Topic OTD: Nutrition	29 12:00 Tuna melt or casserole Activity: Bingo Topic OTD: sleep hygiene	30 12:00 Hotdogs or hamburgers and fries Activity: Crafts Topic OTD: what to do?	31 12:00 Monte Crisco Activity: Movie or games Topic OTD: problem solving	