



March 2020

# Leeds & Grenville Peer Support

Prescott 277 King St West, Monday - Thursday

5pm - 9pm

613.213.0774 - 613.349.6243

[www.psseo.ca](http://www.psseo.ca)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:00PM Peer Chat <b>How much candy is in the jar?</b> 6:00PM Chair Exercise	3 5:00PM Peer Chat <b>Discuss Coping Strategies For Mental Health</b>	4 5:00PM Peer Chat 6:00PM Movie and popcorn in house *Peers Vote	5 5:00PM Peer Chat 6:00PM Chair Exercise 6:30PM Bingo	6	7
8	9 5:00PM Peer Chat 6:00PM Chair Exercise 6:30PM Mindful meditation	10 5:00PM Peer Chat 6:00PM Movie and popcorn in house *Peers Vote	11 5:00PM Peer Chat 5:30PM Dinner at the Wok *Peers Pay for own meal'	12 5:00PM Peer Chat 6:00PM Chair Exercise 6:30PM Craft day	13	14
15	16 5:00PM Peer Chat 6:00PM Chair Exercise Improving your Wellness Discussion	17 5:00PM Peer Chat 6:00PM Word Search, Crosswords and Brain Teasers	18 5:00PM Peer Chat 6:00PM Movie and popcorn in house *Peers Vote	19 5:00PM Peer Chat 6:00PM Chair Exercise 6:30 Game night *Peers Choice	20	21
22	23 5:00PM Peer Chat 6:00PM Chair Exercise 6:30PM Mindful meditation	24 5:00PM Peer Chat 6:00PM Bingo	25 5:00PM Peer Chat 6:00PM Movie and popcorn in house *Peers Vote	26 5:00PM Peer Chat 6:00PM Chair Exercise 6:30PM Practice being Assertive	27	28
29	30 5:00PM Peer Chat 6:00PM Chair Exercise 6:30PM Art Night	31 5:00PM Peer Chat 6:00PM Candy Jar prize 6:30PM Mandalas				