



# 3 Doors Down Picton Support Centre

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

333 Main Street, Picton

613.471.1347

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>11:00AM Recovery Anecdote</b> 12:00PM Quiche and Toast 1:00PM Mood Tracker Craft	3 <b>11:00AM 100 Questions</b> 12:00PM Deli Sandwiches and Cabbage Salad 1:00PM Baking Cookies	4 <b>11:00AM Assertiveness Workshop</b> 12:00PM Tuna Melts and Veggies 1:00PM Painting	5 <b>11:00AM Reading Group</b> 12:00PM Chicken and Pan Roasted Veggies 1:00PM Peer-Led Walk	6 <b>11:00AM Writing Prompts</b> 12:00PM Mushroom Alfredo <b>1:00PM Ask a Pharmacist with Karl Sitarski</b>	7
8	9 <b>11:00AM Recovery Anecdote</b> 12:00PM French Toast and Fruit 1:00PM Bingo	10 <b>11:00AM Borderline Personality Info Group</b> 12:00PM Meatloaf and Mashed Potatoes 1:00PM Making Playdough	11 <b>11:00AM Assertiveness Workshop</b> 12:00PM Soup and Sandwiches 1:00PM Handmade Board Signs	12 <b>11:00AM Peers in the Kitchen</b> 12:00PM Chicken Curry and Rice 1:00PM Gratitude Leaves	13 <b>11:00AM Therapy Dog Visit</b> 12:00PM Hotdogs and Fries 1:00PM Writing Prompts	14
15	16 <b>11:00AM Recovery Anecdote</b> 12:00PM Oat Cakes and Fruit 1:00PM Baggage Claim Discussion	17 <b>11:00AM Codependency Info Group</b> 12:00PM Cream of Mushroom Soup and Garlic Bread 1:00PM Wine Cork Shamrocks	18 <b>11:00AM Assertiveness Workshop</b> 12:00PM Baked Fish and Chips 1:00PM Peer-Led Walk	19 <b>11:00AM Peers in the Kitchen</b> 12:00PM Pita Pizzas 1:00PM Scrabble	20 <b>11:00AM Surviving On Your Own</b> 12:00PM Spaghetti and Meatballs 1:00PM Reading Group	21
22	23 <b>11:00AM Recovery Anecdote</b> 12:00PM Frittata and Toast 1:00PM Handmade Stress Balls	24 <b>11:00AM 100 Questions</b> 12:00PM Fajitas and Rice 1:00PM <b>Breathing and Grounding Workshop with RMT Vivian Nickels</b>	25 <b>11:00AM Assertiveness Workshop</b> 12:00PM Lasagna 1:00PM Colouring	26 <b>11:00AM Music and Emotions</b> 12:00PM Pierogis and Salad 1:00PM Euchre	27 <b>11:00AM Therapy Dog Visit</b> 12:00PM Garlic Butter Pasta <b>1:00PM Birthday Celebration</b>	28
29	30 <b>11:00AM Recovery Anecdote</b> 12:00PM Scrambled Eggs and Homefries 1:00PM Scrabble	31 <b>11:00AM Reading Group</b> 12:00PM Burgers and Salad <b>1:30PM Nutrition Talk with RD Sarah Sandham</b>				