



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

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30 Peer Chat 12:00 Chicken Fried Rice 1:00 Wellness Check-In	2 10:30 Peer Chat 12:00 Breakfast Sandwiches 1:00 Movie	3 10:30 Peer Chat 12:00 Cabbage Rolls 1:00 Bingo	4
5	6 10:30 Peer Chat 12:00 Monti Crisco's 1:00 Mediation	7 10:30 Peer Chat 12:00 Potato Pie 1:00 Crafts	8 10:30 Peer Chat 12:00 Chicken Alfredo 1:00 Managing Warning Signs	9 10:30 Peer Chat 12:00 Soup and Salad 1:00 Journaling	10 10:30 Peer Chat 12:00 Mac and Cheese 1:00 Bingo	11
12	13 10:30 Peer Chat 12:00 Eggs and Sausages 1:00 Mediation	14 10:30 Peer Chat 12:00 Taco's 1:00 Self Love Talk	15 10:30 Peer Chat 12:00 Soup and Grilled Cheese 1:00 Baking	16 10:30 Peer Chat 12:00 Loaded Baked Potatoes 1:00 Movie	17 10:30 Peer Chat 12:00 Pizza 1:00 Bingo	18
19	20 10:30 Peer Chat 12:00 Chili 1:00 Mediation	21 10:30 Peer Chat 12:00 Sausage Dogs 1:00 Wellness Check-In	22 10:30 Peer Chat 12:00 Frittatas and Fruit 1:00 Crafts	23 10:30 Peer Chat 12:00 Spaghetti 1:00 Self Reflection Discussion	24 10:30 Peer Chat 12:00 Fajitas 1:00 Bingo	25
26	27 10:30 Peer Chat 12:00 Sheppard's Pie 1:00 Mediation	28 10:30 Peer Chat 12:00 Chicken Noodle Soup 1:00 Journaling				