



Trenton Peer Support Centre - New Beginnings

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

76 Dundas Street West

613.394.3449

www.psseo.ca

JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Holiday Centre Closed	2 Holiday Centre Closed	3 10:30AM Meditation 12:00PM Tacos 1:00PM Baking	4 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Self Care	5 10:30AM Music Circle 12:00PM Chilli 1:00PM Bingo	6
7	8 10:30AM Puzzles 12:00PM Butter Chicken 1:00PM Crafts	9 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM Cards	10 10:30AM Coffee Connection 12:00PM Chicken Fried Rice 1:00PM Chair Yoga	11 10:30AM Movie 12:00PM Monte Cristo & Veggies 1:00 PM Self Care	12 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Bingo	13
14	15 10:30AM Coffee Connection 12:00PM Soup & Sandwich 1:00PM Movie	16 10:30AM Puzzles 12:00PM Spaghetti 1:00PM Baking	17 10:30AM Meditation 12:00PM Tacos 1:00PM Depression Group	18 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Self Care	19 10:30AM Music Circle 12:00PM Chilli 1:00PM Bingo	20
21	22 10:30AM Coffee Connection 12:00PM Butter Chicken 1:00PM Crafts	23 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM Movie	24 10:30AM Coffee Connection 12:00PM Chicken Fried Rice 1:00PM Baking	25 10:30AM Coloring 12:00PM Monte Cristo & Veggies 1:00PM Self Care	26 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Bingo	27
28	29 10:30AM Coffee Connection 12:00PM Soup & Sandwich 1:00PM Baking	30 10:30AM Puzzles 12:00PM Spaghetti 1:00PM My Story	31 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Games			