



CASEY  
HOUSE

# Outpatient Groups Schedule

SPRING 2026

Free group programming led by an interdisciplinary team

The current outpatient groups schedule can be found online at [caseyhouse.ca/outpatient](https://caseyhouse.ca/outpatient)

Physical Activity

Life Skills

Relaxation and  
Self-Care

Social and  
Support Groups

Creative

## Circuit Exercise Class

This guided class includes aerobic and resistance exercises, with brief education sessions on healthy aging with HIV. Requires pre-screening with a physiotherapist. Runs periodically for 12 weeks.

**CAROLANN MURRAY**, PHYSIOTHERAPIST

**Mondays** and **Thursdays** 11:00 - Noon  
Runs periodically for 12 weeks

## Steady On Your Feet: Falls Prevention

Reduce falls that could cause complications and injuries with exercise. Education around falls-risk management and creating safer environments accompany the exercises. Requires pre-screening with a physiotherapist.

**CAROLANN MURRAY**, PHYSIOTHERAPIST

**Wednesdays** 11:00 - Noon

## Tai Chi Exercise (Drop-in)

Low intensity mixed style Tai Chi. Beginner-friendly for those with chronic illnesses, who are susceptible to falls, or looking to achieve a sense of relaxation. Exercises are demonstrated in standing and seated positions. Pre-screening required

**SKYLER HABIBULLAH**, RECREATIONAL THERAPIST

**Mondays** and **Fridays** 11:00- Noon

## Yoga (Drop-in)

Gentle beginner yoga to slow down, release tension, and increase flexibility and balance. No experience necessary. Just bring your curiosity and desire to relax.

**MARY ROSE COWAN**, YOGA INSTRUCTOR

**Wednesdays** 1:00 - 2:30 pm

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## Seating and Mobility Clinic

Get assessed for a new or replacement mobility device, like walkers or wheelchairs. Learn how to make device repairs and discover Ontario's Assistive Devices funding program (requires valid health card). Appointments required.

**BOBBIE MARTIN**, OCCUPATIONAL THERAPIST  
**CAROLANN MURRAY**, PHYSIOTHERAPIST

**Wednesdays** 1:00 - 3:00 pm

## Movie and Kit-making Group (Drop-in)

Enjoy fun entertainment and keep yourself busy assembling harm reduction kits alongside other people. This easygoing group addresses stigmas around substance use and creates social connections.

**GRISHKA BLOM AND VICTORIA GLENCROSS PALMER**, HARM REDUCTION WORKERS

**Tuesdays** 2:30 - 4:00 pm

## Silver Circle+ (Drop-in)

Discuss the joys and challenges of life while living with HIV. Meet new people and build community in this social support group for people ages 55 or older.

**KRISTEN IRELAND**,  
RECREATIONAL THERAPIST,

**Mondays** 1:00 - 2:30 pm

## Cards & Games (Drop-in)

Join us for a relaxing and welcoming drop-in group! Whether you want to play a classic game, learn something new, or just share stories and memories, everyone is welcome. It's a great place to connect, make new friends, and enjoy a low-pressure, good time. Come as you are!

**KRISTEN IRELAND**,  
RECREATIONAL THERAPIST

**Tuesdays** 1:30 - 4:00 pm

## Spring Gardening (Drop-in)

Plant, cultivate and harvest a variety of plants, vegetables, and herbs- even during the winter - indoors and in our Rooftop Healing Garden. Connect with nature and get moving with relaxing stretches. Discuss topics like how to use plants as medicine, how to make balms, and more. Meet new people and be dazzled by nature.

**KRISTEN IRELAND**, RECREATIONAL THERAPIST  
AND **LAURA MANNING**, MASSAGE THERAPIST

**Wednesdays** 11:00 - Noon

## Movie Madness (Drop-in)

Enjoy watching some classic movies with snacks and good company. Laugh, cry, or just kickback and relax.

**KRISTEN IRELAND AND SKYLER HABIBULLAH**,  
RECREATIONAL THERAPISTS

**Fridays** 2:30 - 4:00 pm

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## Sounds of Tranquility

Are you feeling down, anxious, in chronic pain, fearful, or stressed out? Enter a tranquil and serene environment filled with the elegant sounds of crystal sound bowls. Meditate in a lying and seated position. Get ready to enter a state of deep relaxation. Same-day pre-screening required.

**SKYLER HABIBULLAH**, RECREATIONAL THERAPIST

**Tuesdays** 11:00 - Noon

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## Drumming Circle

Honour Indigenous identity and culture in this weekly celebration of Indigenous traditional healing practices. All are welcome to join this drumming circle.

**ROD MICHANO**, INDIGENOUS SPIRITUAL ADVISOR

**Tuesdays** 11:00 - 1:00 pm

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## Comfort of Home Cooking Workshop (Drop-in)

Meet new people, eat some awesome food from around the world, have great conversations, learn how to eat healthier while on a budget, and have fun in this group cooking class.

**KRISTEN IRELAND, SKYLER HABIBULLAH**, RECREATIONAL THERAPISTS

**ROXIE DANIELSON**, NURSE

**Last Thursday of the month** 11:00 am - Noon

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## Karaoke Dance Party!

A fun and dynamic group for singing, dancing, lip syncing or just listening to songs requested by group members. Each session will include an open song request list and space to move and dance. No singing or dance skills required.

**KRISTEN IRELAND**, RECREATIONAL THERAPIST.

**Thursdays** 2:30 - 3:45 pm

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## Guided Journaling (Drop-in)

Explore goals, values, strengths, and purpose; while developing tools to navigate life's challenges. In this guided and supportive environment, creatively express your thoughts and emotions. Create a deeper connection with yourself and others!

**SKYLER HABIBULLAH**, RECREATIONAL THERAPIST

**Thursdays** 1:30 - 3:00 pm

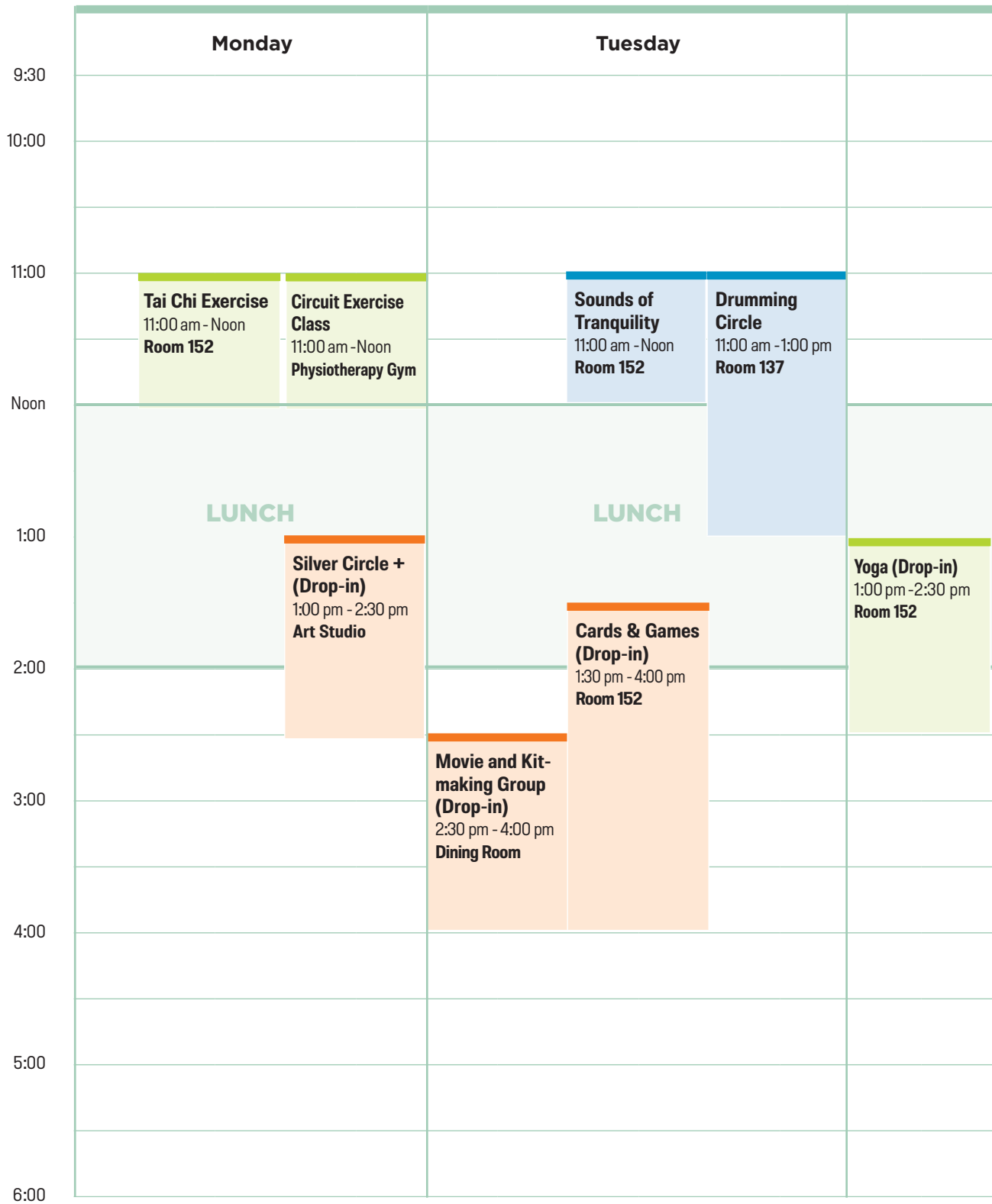
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## Open Art Studio (Drop-in)

This unstructured group allows you to work on your own projects at your own pace OR join fellow creators and learn a new skill. Unleash your creativity through the studio, including painting, beading, drawing, sewing, knitting and more.

**KRISTEN IRELAND**, RECREATIONAL THERAPIST

**Wednesdays** 1:30 - 3:30 pm



**PROGRAM CATEGORIES BY COLOUR**

- Physical Activity
- Relaxation and Self-Care
- Life Skills
- Social and Support Groups
- Creative



Physical Activity

Life Skills

Relaxation and  
Self-Care

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Creative

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## ODSP Clinic (Drop-in)

Ontario Disability Support Program (ODSP) provides funds to assist with living expenses, including food and rent. Get information to enhance your understanding of monthly funds, benefits, and employment support. For best results book an appointment.

### CASE MANAGERS

**Every 2nd and 3rd  
Wednesday of the month** 2:30 - 4:00 pm

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## BINGO! (Drop-in)

Enjoy some thrilling fun playing BINGO with others in this casual and social environment.

**KRISTEN IRELAND,**  
RECREATIONAL THERAPIST

**Last Wednesday of the month**  
1:30 - 3:00 pm

**SIGN-UP FOR GROUPS** with our program assistant at 416-962-4040 ext. 2000 or [kclarke@caseyhouse.ca](mailto:kclarke@caseyhouse.ca).

**Note:** Most recreational therapy groups are drop-in, so please just show up, or call ahead to book your spot.



## Outpatient care available at Casey House:



**Individual  
appointments**

**Monday to Friday**  
**9:00 am - 5:00 pm**  
some appointments  
available until 8:00 pm



**Nursing  
clinic**

**Monday to Friday**  
**9:30 am - 4:30 pm**  
Drop-in available  
Noon - 3:00 pm  
(Nurses cannot provide  
prescriptions)



**Facilitated  
group  
programs**

**Monday to Friday**  
**9:00 am - 5:00 pm**



**Supervised  
consumption  
services (SCS),  
including inhalation**

**Monday to Friday**  
**10:00 am - 8:00 pm**  
Last call at 7:00 pm

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