



# Day Health Program Weekly Groups Schedule - Winter 2022

Times	Monday	Tuesday	Wednesday	Thursday	Friday						
8:30 am											
9:00 am											
9:30 am											
10:00 am					Music Therapy 10:00 - 11:00 Dining Hall						
10:30 am											
11:00 am	Winter Gardening 11:00 - 12:00 Rooftop Garden	Stretch for Mobility & Healthy Movement 11:00 - 12:00 Room 152	Foam-Rolling Exercise Group 11:00 - 12:00 Room 152	Long Term Survivors' Coffee Hour 10:30 - 11:30 Room 158	Drop-in Physical Activity 11:00 - 12:00 Gym	Gay Men's Discussion Group 10:30 - 12:00 Dining Hall	Book Club 11:00 - 12:00 Room 158	Mindfulness Meditation Group 11:00 - 12:00 Room 152			
11:30 am											
12:00 pm	Lunch										
12:30 pm	Lunch										
1:00 pm			Winter Gardening 1:00 - 2:00 Rooftop	Naloxone Training 1:00 - 2:00 Room 158							
1:30 pm	Art Group 1:30 - 3:00 Art Room	Mindful Awareness Stabilization Training (MAST) Program 1:30 - 3:00 Zoom	Chronic Pain Self-Management 2:00 - 3:00 Room 152	Movie Group 1:30 - 4:00 4 <sup>th</sup> Floor Boardroom	Women's Strengthening Group 2:00 - 3:00 Gym	Circuit Exercise Class 2:00 - 3:00 Gym	Changing My Substance Use 2:00 - 3:30 Room 158	The Healthy Foot Group 1:30-2:30 Dining Hall	Yoga 1:00 - 2:30 Room 152	"Intersections": Trauma, Addictions, Mental Health & Recovery 1:00 - 3:00 Room 152	Legal Clinic 1:30 - 2:30 Dining Hall
2:00 pm											
2:30 pm											
3:00 pm	Steady on Your Feet: Falls Prevention 3:00 - 4:00 Dining Room										
3:30 pm										Housing Stabilization Support Workshop 3:00 - 4:00 Dining Hall	
4:00 pm											
4:30 pm											

Physical Activity	Support Group	Arts, Music, and Culture	Social Group	Life Skills	Relaxation and Self-Care
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To sign-up for any of the groups listed above or to get more information please contact DHP Program Assistant, Shereena Hoosen at 416-962-4040 ext. 2000 or email at [shoossein@caseyhouse.ca](mailto:shoossein@caseyhouse.ca).