

Pinewood Centre
PASS Drop In Group Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2024		1 10:30 am Mindfulness 2:00 PM Processing Change	2 2:00 PM Acupuncture 12:00-3:00 PM Positive Care Clinic HIV & Hep C testing	3 2:00 PM Positive Thinking
		6 2:00 PM Embracing Imperfection	7 2:00 PM Acupuncture	8 10:30 am Mindfulness 2:00 PM Processing Change
13 2:00 PM Anger	14 2:00 PM Acupuncture	15 10:30 a.m. What Do I Do Now? "I have experienced intimate partner or sexual violence" 2:00 PM Processing Change	16 2:00 PM Acupuncture 12:00-3:00 PM Positive Care Clinic HIV & Hep C testing	17 2:00 PM Stress Management
20 Stat Holiday No Group	21 2:00 PM Acupuncture	22 10:30 am Mindfulness 2:00 PM Processing Change	23 2:00 PM Acupuncture 12:00-3:00 PM Positive Care Clinic HIV & Hep C testing	24 2:00 PM Triggers and Cravings
27 10:00 AM Overdose Prevention 2:00 PM Loneliness and Isolation	28 2:00 PM Acupuncture	29 10:30 am Mindfulness 2:00 PM Processing Change	30 2:00 PM Acupuncture 12:00-3:00 PM Positive Care Clinic HIV & Hep C testing	31 2:00 PM Emotional Intelligence

PASS Drop in Groups

Life Skills

- Monday and Friday at 2:00 PM
- A series of educational groups based on the harm reduction model of care.
- Topics include: Boundaries, Relapse Prevention, Self Care, Stigma, Stress Management etc.

Auricular Acupuncture

- Tuesday and Thursday at 2:00 PM
- A non-verbal approach to healing that involves the gentle placement of five small needles into specific sites on each ear.
- The treatment lasts for about 45 minutes in a group setting.

Processing Change

- Wednesday at 2:00 PM
- A discussion based group.
- The focus is to explore the changes being made to help with addiction recovery.

Mindfulness

- Wednesday at 10:30 AM
- Mindfulness based exercises including gentle stretching.

What do I do now?

- Once per month
- Empowerment for individuals who have experienced intimate partner and/or sexual violence.
- Facilitated by The Domestic Violence /Sexual Assault Care Center.