

Pinewood Centre  
PASS Drop In Group Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>10:30 AM</b> Processing Change</p> <p><b>2:00 PM</b> Relationships &amp; Support Network</p>	<p>3</p> <p><b>10:30 AM</b> Hope Group</p> <p><b>2:00 PM</b> Acupuncture</p>	<p>4</p> <p><b>10:30 AM</b> Stress Management</p> <p><b>2:00 PM</b> Processing Change</p>	<p>5</p> <p><b>9-12 DC Massage Therapy</b></p> <p><b>10:30 AM</b> Self-Reflection</p> <p><b>2:00 PM</b> Acupuncture</p>	<p>6</p> <p><b>10:30 AM</b> Guided Imagery</p> <p><b>2:00 PM</b> Planning for the Weekend</p>
<p>9</p> <p><b>10:30 AM</b> Processing Change</p> <p><b>2:00 PM</b> Boundaries</p>	<p>10</p> <p><b>10:30 AM</b> Hope Group</p> <p><b>2:00 PM</b> Acupuncture</p>	<p>11</p> <p><b>10:30 AM</b> What Do I Do Now?</p> <p><b>2:00 PM</b> Processing Change</p> <p><b>12-3 Positive Care Clinic</b></p>	<p>12</p> <p><b>10:30 AM</b> Self-Reflection</p> <p><b>2:00 PM</b> Acupuncture</p>	<p>13</p> <p><b>10:30 AM</b> Guided Imagery</p> <p><b>2:00 PM</b> Planning for the Weekend</p>
<p>16</p> <p><b>10:30 AM</b> Processing Change</p> <p><b>2:00 PM</b> Post Acute Withdrawal</p>	<p>17</p> <p><b>10:30 AM</b> Hope Group</p> <p><b>2:00 PM</b> Acupuncture</p>	<p>18</p> <p><b>10:30 AM</b> Anxiety</p> <p><b>2:00 PM</b> Processing Change</p> <p><b>12-3 Positive Care Clinic</b></p>	<p>19</p> <p><b>10:30 AM</b> Creative Expression</p> <p><b>2:00 PM</b> Acupuncture</p>	<p>20</p> <p><b>10:30 AM</b> Guided Imagery</p> <p><b>2:00 PM</b> Planning for the Weekend</p>
<p>23</p> <p><b>10:30 AM</b> Processing Change</p> <p><b>2:00 PM</b> Loneliness &amp; Isolation</p>	<p>24 <b>Christmas Eve</b></p> <p><b>10:30 AM</b> Hope Group</p> <p><b>2:00 PM</b> Acupuncture</p>	<p>25 <b>Christmas Day</b> <b>Hanukkah Begins</b></p> <p><b>Stat Holiday</b> <b>No Groups</b></p>	<p>26 <b>Boxing Day</b> <b>Kwanzaa Begins</b></p> <p><b>Stat Holiday</b> <b>No Groups</b></p>	<p>27</p> <p><b>10:30 AM</b> Guided Imagery</p> <p><b>2:00 PM</b> Planning for the Weekend</p>
<p>30</p> <p><b>10:30 AM</b> Processing Change</p> <p><b>2:00 PM</b> Overdose Prevention Group (3<sup>rd</sup> floor)</p>	<p>31 <b>New Year's Eve</b></p> <p><b>10:30 AM</b> Hope Group</p> <p><b>2:00 PM</b> Acupuncture</p>	<h1>DECEMBER 2024</h1>		

## Pinewood Centre

### 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

- Monday at 10:30 AM & Wednesday at 2:00 PM
- A discussion based group.
- The focus is to explore the changes being made to support addiction recovery.

### Wellness Wednesdays

- Wednesdays at 10:30 AM
- Psycho-educational groups focused on promoting one's wellbeing.

### Creative Expression

- Two Thursdays per month at 10:30 AM
- Participants will channel their creativity to explore various subjects related to Addiction and Recovery

### Guided Imagery

- Fridays at 10:30 AM

- The facilitator reads a guided meditation script accompanied by relaxing music
- Promotes relaxation and mindfulness skills

### Self Reflection

- Mondays & Thursdays at 10:30 AM
- By using a series of writing prompts, this group will give participants the opportunity to think about their own experiences and share them in a safe, judgement-free environment.
- Participants will feel valued and heard.

### What Do I Do Now?

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

### Hope Group

- Tuesdays at 10:30 AM
- Hope group will help clients to share their struggles in an open and safe environment so that people can share freely and authentically, while seeking for sources of hope in the midst of their struggles.
- This group is facilitated by Lakeridge Health's Spiritual Health Practitioners.

### Overdose Prevention Group

- Last Monday of every month
- Facilitated by the Pinewood Opiate Case Management Team in the 3<sup>rd</sup> floor group room of the Pinewood Centre Street location

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