

WINTER 2024

MONDAY

11:00 AM - 12:00 PM
MINDFULNESS DROP-IN

12:30 - 2:00 PM
DISABLED &
CHRONICALLY ILL
SUPPORT

6:30 - 8:00 PM
BINGE EATING
SUPPORT

NARRATIVE
APPROACHES

TUESDAY

1:00 - 3:00 PM
ART STUDIO

2:30 - 4:00 PM
NEURODIVERGENT
SUPPORT

DBT SKILLS

4:00 - 5:30 PM
ADULT SUPPORT

4:00 - 5:30 PM
YOUNG ADULT
SUPPORT

4:30 - 6:00 PM
2SLGBTQI+ SUPPORT

6:30 - 8:00 PM
BIPOC SUPPORT

FAMILY, FRIENDS, &
PARTNERS SUPPORT

NEW BEGINNINGS

WEDNESDAY

10:00 - 12:00 PM
DROP-IN ART STUDIO
FOR SELF DISCOVERY

2:00 - 3:30 PM
BIG TIME BODY
LIBERATION

2:30 - 4:00 PM
SKILLS AND SUPPORT FOR
BINGE-EATING

6:30 - 8:00 PM
ADULT SUPPORT

**All groups are free of charge
and available to people age
17+ in Ontario.**

**Groups highlighted in yellow
are IN-PERSON (87 Spadina
Road, Toronto).**

**Groups highlighted in pink are
IN-PERSON but offsite. Please
find location details on the
program calendar.**

THURSDAY

10:00 - 11:30 AM
GENTLE YOGA

MINDFUL SELF-
COMPASSION AND ED

12:00 - 1:30 PM
MEN & MASCULINITY
SUPPORT

1:00 - 3:00 PM
ART JOURNALING

1:30 - 3:00 PM
PREGNANCY SUPPORT

6:30 - 8:00 PM
TRANS, NON-BINARY, &
GENDER QUESTIONING
SUPPORT

FRIDAY

10:00 AM - 11:30 AM
DROP-IN SUPPORT WITH
DBT SKILLS

MANAGING CRAVINGS
AND EMOTIONAL
EATING

1:00 - 3:00 PM
DUNGEONS & DRAGONS
(D&D) INTEGRATED ART
GROUP

2:30 - 4:00 PM
CHALLENGING
PERFECTIONISM