

SPRING 2024

MONDAY

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

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

3:00 - 5:00 PM
BIG TIME BODY
LIBERATION: OPEN
CREATIVE SPACE

6:30 - 8:00 PM
NARRATIVE
APPROACHES

EXPLORING EDS &
SLEEP (APRIL - MAY)

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).

TUESDAY

1:00 - 3:00 PM
ART JOURNALING

2:30 - 4:00 PM
NEURODIVERGENT
SUPPORT

4:30 - 6:00 PM
ADULT SUPPORT

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

6:00 - 7:30 PM
YOUNG
ADULT SUPPORT (18-25)

6:30 - 8:00 PM
BIPOC SUPPORT

FAMILY, FRIENDS, &
PARTNERS SUPPORT

WEDNESDAY

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

TREASURE BOX ART
GROUP

10:30 - 12:00 PM
DBT SKILLS

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

6:30 - 8:00 PM
ADULT SUPPORT

TRAUMA SENSITIVE YOGA

THURSDAY

10:00 - 11:30 AM
GENTLE YOGA

MINDFUL SELF-
COMPASSION AND ED

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

1:00 - 2:30 PM
INTUITIVE EATING AND
EATING DISORDERS:
WHAT'S THE
CONNECTION? (MAY-
JUNE)

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

BINGE EATING
SUPPORT

FRIDAY

9:30 AM - 11:00 AM
ADULT SUPPORT

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

DUNGEONS & DRAGONS
(D&D) INTEGRATED ART
GROUP

1:00 PM - 2:30 PM
MANAGING CRAVINGS
AND EMOTIONAL
EATING