

SPRING 2025

MONDAY

12:00 PM - 1:00 PM
DROP-IN MINDFULNESS

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

6:30 PM - 8:00 PM
ACCESSING PLEASURE

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

2:30 PM - 4:00 PM
DROP-IN
NEURODIVERGENT
SUPPORT

3:30 PM - 5:30 PM
REIMAGINE & REASSEMBLE

4:30 PM - 6:00 PM
DROP-IN ADULT SUPPORT

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

5:00 PM - 7:00 PM
TREASURE BOX ART
GROUP

6:00 PM - 7:30 PM
DROP-IN YOUTH SUPPORT
(AGES 17 - 25)

6:30 - 8:00 PM
BIPOC SUPPORT

DROP-IN FAMILY,
FRIENDS, & PARTNERS
SUPPORT

WEDNESDAY

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

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

2:00 PM - 4:00 PM
COMPASSION IN MOTION

4:00 PM - 5:30 PM
REDEFINING RECOVERY

5:00 PM - 7:00 PM
ART TO GO

6:30 PM - 8:00 PM
DROP-IN ADULT SUPPORT

TRAUMA SENSITIVE YOGA

THURSDAY

10:00 AM - 11:30 AM
DROP-IN GENTLE YOGA

10:30 AM - 12:00 PM
MINDFUL SELF-COMPASSION

10:30 AM - 12:30 PM
DISTRESS TOLERANCE
(MAY)

1:00 PM - 2:30 PM
DROP-IN ARFID
SUPPORT

6:00 PM - 8:00 PM
DROP-IN BIPOC ARTS

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

DROP-IN BINGE
EATING SUPPORT

FRIDAY

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

MANAGING CRAVINGS
AND EMOTIONAL
EATING

1:00 PM - 3:00 PM
BEGINNER'S DUNGEONS
& DRAGONS