

# FALL 2025

## MONDAY

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

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

**6:00 PM - 7:30 PM**  
2SLGBTQI+ SUPPORT

**6:30 PM - 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).**

## TUESDAY

**2:00 PM - 4:00 PM**  
ART JOURNALING

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

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

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

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

**6:30 - 8:00 PM**  
SKILLS FOR  
ASSERTIVENESS

BIPOC SUPPORT

DROP-IN FAMILY,  
FRIENDS, & PARTNERS  
SUPPORT

## WEDNESDAY

**10:00 AM - 11:30 AM**  
MINDFUL SELF COMPASSION

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

**1:00 PM - 3:00 PM**  
RECOVERY TOOLKIT

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

**5:00 PM - 7:00 PM**  
COMPASSION IN  
MOTION

SHIFTING SHAME: A  
BODY LIBERATION  
GROUP

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

TRAUMA SENSITIVE YOGA

## THURSDAY

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

**10:00 AM - 12:00 PM**  
BRUSH AND BLOOM

DSTRESS TOLERANCE

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

**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**  
DEEPENING OUR PRACTICE  
OF DBT

**1:00 PM - 2:30 PM**  
MINDFUL APPROACHES  
TO MANAGING  
CRAVINGS