

WINTER 2026

MONDAY

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

6:00 PM - 8:00 PM
ART & ACT
(ACCEPTANCE AND
COMMITMENT
THERAPY) SKILLS

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
COMMUNITY OF CARE
TAPESTRY CIRCLE

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

5:00 PM - 7:00 PM
EXPRESS YOURSELF!
CREATIVE WRITING

5:00 PM - 7:00 PM
RECOVERY TOOLKIT

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

6:30 PM - 8:00 PM

FEELING OUR FEELINGS!

DROP-IN FAMILY,
FRIENDS, & PARTNERS
SUPPORT

WEDNESDAY

10:00 AM - 11:30 AM
NARRATIVE APPROACHES

CHALLENGING
PERFECTIONISM

5:30 PM - 7:00 PM
DROP-IN BIG TIME
BODY LIBERATION

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

THURSDAY

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

1:00 PM - 2:30 PM
DROP-IN
NEURODIVERGENT
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

MINDFUL APPROACHES
TO MANAGING
CRAVINGS