

Anchor & Wings



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2019
JANUARY

Tuesday	Wednesday	Thursday	Friday
1	2	3	4
<p>Centre is closed from the 22nd of December to the 7th of January MERRY CHRISTMAS AND A HAPPY NEW YEAR If you need to you can call without hesitation the crisis line 24/7 at the Tournant at 450 371-4090 ou 1 866-APPELLE (277-3553)</p>			
8 Welcome Back Brunch Pyjama party & Games Happy Birthday Steve (7)	9 PM : The Imperfects : « Dream Catchers »	10 (Free Lunch) PM : Members Meeting	11 AM : Meditation PM : Badminton Happy Birthday Patricia V. (12)
15 PM : Manual Workshop « Chairs »	16 AM : Yoga PM : Living your Recovery	17 AM : Hearing Voices Group PM : The Flying Ink Happy Birthday Chantal B.	18 AM : Meditation PM : Wacky Music
22 AM : The Flying Ink PM : Music CHSLD In Ormstown	23 AM : Let's Cook Together PM : Group Games	24 (New Stagiaires Starting) PM : Managing your Medication	25 AM : Meditation PM : Karaoke
29 PM : Managing Emotions workshop	30 AM : Yoga PM : The Imperfects : « Tie-Dye »	31 AM : Manual Workshop « Chairs » PM : The Flying Ink	1 AM : Meditation PM : Wacky Music