

Mental Wellness Day Program Name: _____ Start Date: _____ R. C. : _____ Ph. Number: _____

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00	Vic AM 10:00-10:45 Room 605	Vic AM 10:00-10:45 Room 605	Vic AM 10:00-10:45 Room 605	Vic AM 10:00-10:45 Room 605	Vic AM 10:00-10:45 Room 605
		Managing Depression 10:00-11:00 Room 609		Managing Depression 10:00-11:00 Room 609	Well & Wise 10:00-11:30 Victoria Mental Health
11:00	Qi Gong 11:00-12:00 Room 609	Qi Gong 11:00-11:30 Room 609	Yoga Room 609 11:00 to 12:00	Qi Gong 11:00-11:30 Room 609	Yoga Room 609 11:00 to 12:00
11:30	Qi Gong 11:00-12:00 Room 609	Relaxation 11:30-12:00 Room 609	Yoga Room 609 11:00 to 12:00	Relaxation 11:30-12:00 Room 609	Yoga Room 609 11:00 to 12:00
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
			West African Drumming 12:00-1:00 Room 609		
1:00	Springboard 1:00-1:45 Room 609	Springboard/ Choices 1:00-1:45 Room 624	Springboard 1:00-1:45 Oak Bay Rec Lounge	Springboard 1:00-1:45 Room 609	Springboard 1:00-1:45 Room 609
	Sage 1:00-2:00 Room 624	Mindfulness 1:00-2:00 Room 609	Sage 1:00-2:00 Room 624	Sage 1:00-2:00 Room 624	Sage 1:00-2:00 Room 624
		Smoking Cessation 1:30 – 2:30 VMH			
2:00	CBT for Psychosis 2:00-3:00 Room 609		CBT for Psychosis 2:00-3:00 Room 609		CBT for Psychosis 2:00-3:00 Room 609
	Power Walking 2:15-3:30 Oak Bay Rec Track	Strength Training 2:30-3:30 Oak Bay Rec Centre	Power Walking 2:15-3:30 Oak Bay Rec Track	Strength Training 2:30-3:30 Oak Bay Rec Centre	Power Walking 2:15-3:30 Oak Bay Rec Track

Revised August 13, 2018

Schedule completed by: _____

GROUP SCHEDULE

Name: _____

Recovery Coach: _____

Start Date: _____

Phone Number: _____

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00					
11:00					
11:30					
12:00					
1:00					
2:00					
2:30					

Schedule completed by: _____