

# May

## Journey to Recovery Monthly Topics

The Tree of Peace Friendship Centre

Wednesday: 2:00 – 3:30 pm

The Day Shelter

Tuesday & Thursday: Day Shelter 2:00-3:30pm

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 JTR-Day Shelter JTR: Establishing Healthy Habit Patterns	4 Tree of Peace JTR: Developing Decision Making Skills	5 JTR-Day Shelter Open Talking Circle	6	7
8	9	10 JTR-Day Shelter JTR: Developing Decision Making Skills	11 Tree of Peace JTR-Ask It Basket	12 JTR-Day Shelter JTR: Handling Your Worries	13	14
15	16	17 JTR-Day Shelter Open Talking Circle	18 Tree of Peace JTR- Raising Your Self Esteem	19 JTR-Day Shelter Video: Cocaine & Crack Back From the Abyss	20	21
22	23	24 JTR-Day Shelter JTR: Post Traumatic Stress Disorder	25 Tree of Peace JTR: Handling Your Worries	26 JTR-Day Shelter Open Talking Circle	27	28
29	30	31 JTR-Day Shelter JTR: Managing Anger & Aggression				