

# June

## Journey to Recovery Monthly Topics

The Tree of Peace Friendship Centre  
 Wednesday: 2:00 – 3:30 pm (O: Open)  
 Day Shelter: Thursday: 2:00-3:30pm (C: Closed)  
 Salvation Army: Monday: 1:30 – 2:30 pm (C: Closed)

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ToP (O) JTR-Talking Circle	2 Day Shelter (C) JTR-Talking Circle	3	4
5	6 Salvation Army (C) JTR-What is Grounding & Grounding Techniques	7 LIB Room IN USE	8 CANCELLED LIB Rm IN USE	9 Day Shelter (C) Burnout And Stress LIB Room IN USE	10 Foster Fam CANCELLED LIB Rm IN USE	11
12	13 Salvation Army (C) JTR-The Ten Essential Traits of Recovery LIB Room IN USE	14 LIB Room IN USE	15 CANCELLED LIB Rm IN USE	16 Day Shelter (C) Choosing to Forgive LIB Room IN USE	17 Foster Fam 3-4:15 (C) LIB Rm IN USE	18
19	20 Salvation Army (C) JTR-Talking Circle	21	22 ToP (O) Choosing to Accept Help	23 Day Shelter (C) Managing Anxiety Symptoms	24 Foster Fam 3-4:15 (C)	25
26	27 Salvation Army (C) JTR-Transforming Your Life Through Positive Thoughts	28	29 ToP (O) Video - TBA	30 Day Shelter (C) Video - TBA		