

April

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	4	5 JTR-Day Shelter Video: Setting Personal Boundaries	6 JTR: Issues of Self Control	7 JTR-Day Shelter JTR: Developing Decision Making Skills	8	9
10	11	12 JTR-Day Shelter JTR: Establishing Healthy Habit Patterns	13 JTR: Finding Contentment	14 JTR -Day Shelter JTR: Managing Anger & Aggression	15 HOLIDAY	16 GOOD FRIDAY
17 EASTER SUNDAY	18 HOLIDAY EASTER MONDAY	19 JTR-Day Shelter Video: The Cat That Drank Too Much	20 JTR: Handling Your Worries	21 JTR-Day Shelter JTR: Raising Your Self Esteem	22	23
24	25	26 JTR-Day Shelter JTR: Understanding Resentment & Bitterness	27 JTR Video: Setting Personal Boundaries	28 JTR-Day Shelter Movie: The Grizzlies	29	30