

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
<b>ADULT</b> <b>CD</b> <b>CWMS</b> <b>OPIOID</b> <b>PGBA</b> <b>YOUTH</b>	Statutory Holiday – in lieu of New Year's Day	DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 Continuing Care @ 6:30-8pm PEG 6:00PM-8:00PM CD Family 6:30 – 8:00	CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Harm Reduction Drop-in @ 6:30-7:30pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	Phase 1 @1:30-3pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	TTF 10:30-12	
9	10	11	12	13	14	15
	Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM: Tech Overuse	DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 Early Recovery 6:00pm-7:30pm PEG 6:00PM-8:00PM Opioid F&F 6:30pm-8:00pm CD Family 6:30 – 8:00	CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Overspending 6:00pm-7:30pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	Phase 1 @1:30-3pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	TTF 10:30-12	
16	17	18	19	20	21	22
	PG Day Treatment 9am-3pm Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM	PG Day Treatment 9am-3pm DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 Early Recovery 6:00pm-7:30pm PEG 6:00PM-8:00PM Continuing Care @ 6:30-8pm CD Family 6:30 – 8:00	PG Day Treatment 9am-3pm CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Overspending 6:00pm-7:30pm Harm Reduction Drop-in @ 6:30-7:30pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	PG Day Treatment 9am-3pm Phase 1 @1:30-3pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	PG Day Treatment 9am-3pm TTF 10:30-12	
23	24	25	26	27	28	29
	Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM: Problem Gambling	DBT Skills Group 1:00-2:30pm CD Family 2:00 – 3:30 Early Recovery 6:00pm-7:30pm PEG 6:00PM-8:00PM Opioid F&F 6:30pm-8:00pm CD Family 6:30 – 8:00	CWMS Drop-in 12-1pm Harm Reduction Drop-in @ 1:30-2:30pm H&H2 B/G 1:30 – 3:00pm Social Corner 4:30-6pm Overspending 6:00pm-7:30pm Phase 1 @6:30-8pm Sober Living Group 7-8pm	Phase 1 @1:30-3pm H&H2 Oakville 2:30 – 4 Phase 1 @6:30-8pm Just Be You Lite 7:30-9:30pm	TTF 10:30-12	
30	31					
	Mindfulness Drop-In @ noon Health and Hope 1 11:00 – 12:30 PGBA Drop In 3-4PM					