



July 2024: Self Care



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>NISA CLOSED HAPPY CANADA DAY</p>	<p>2</p> <p>10:30am Rock Painting *1:00pm Writer's Circle 2:00pm Managing Triggers</p>	<p>3</p> <p>10:30am Food is Mood 1:00pm: Self with Shirley (Part 1) 2:00pm Wellness Walk</p>	<p>4</p> <p>10:30am Membership Meeting ID: 950 311 1979 Password: 6472</p> <p>12:00pm NISA Closed</p>	<p>5</p> <p>10:30am; Vacation Collage 1:00pm Bingo 2.00pm: Exploring Our Skills & Goals</p>
<p>8</p> <p>*10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p>9</p> <p>10:30am Gratitude Prompts *1:00pm Writers Circle 12.30pm: Planting with Alex *2:00pm: Knowing Your Self/Personal Needs</p>	<p>10</p> <p>10:30am Food is Mood 1.00pm: Wellness Toolbox Craft 12.30pm: Planting with Alex 2.00pm: Heroes/Allies/Companions</p>	<p>11</p> <p>10:30am Food is Mood 12.30pm: Planting with Alex *1:00pm Virtual Hang Out 2:00pm: Self Care with Shirley (Part 2)</p>	<p>12</p> <p>10:30am: Yoga 1:00pm: Open Mic 1.00pm: 2S-LGBTQ+ Older Adult Support</p>
<p>15</p> <p>*10:30am Sharing Circle 12:30pm Nail Painting 1:30pm Older Adult Sharing Circle</p>	<p>16</p> <p>10:30am: Bath Bombs *1:00pm Writers' Circle 2:00pm: Self Care Kits</p>	<p>17</p> <p>10:30am Food is Mood 1:00pm 2S-LGBTQ+ Sharing Circle 2:00pm Self Care Bookmarks</p>	<p>18</p> <p>10:30am Food is Mood *1:00pm Virtual Hang Out 2:00pm Zumba</p>	<p>19</p> <p>10:30am: Breaking Bad Habits 1:00pm Summer Dance 2.00pm Self Compassion & Gratitude</p>
<p>22</p> <p>*10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p>23</p> <p>10:30am: Laughter Yoga *1:00pm Writers' Circle 2:00pm Dog Therapy</p> <p>6:00pm Peer Support for the Supporter Sign up with Hugh at hjeanveau@nisa.on.ca</p> <p>6:00pm Game Changers Sign up with Jeremy Mullin at jmullin@nisa.on.ca</p>	<p>24</p> <p>10:30am Food is Mood 1:00pm Dog Therapy 2:00pm Healing Hospital</p> <p>6:00pm Pride Support Sign up With Jenna jbarnes@nisa.on.ca or</p>	<p>25</p> <p>10:30am Food is Mood *1:00pm Virtual Hang Out 2:00pm Candle Creation</p>	<p>26</p> <p>10:30am Cribbage Tournament 12.00pm: Baking with Madison 1.00pm Open Mic</p>
<p>29</p> <p>*10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p>30</p> <p>10.30am: Self Care Visual *1.00pm: Writer's Circle 2.00pm Tye Dye Shirts</p>	<p>31</p> <p>10.30am: Food is Mood 1.00pm: Fingerpainting Party 2.00pm: Wellness Walk</p>		<p>Virtual Zoom Option has a * beside it. The meeting ID is in Group Descriptions</p>

<p>Food is Mood Learning to cook in a group on a budget.</p> <p>Sharing Circle Discussing topics that are on our minds in a safe and nonjudgemental environment. Meeting ID: 868 4567 7127</p>	<p>Open Mic Come and sing, dance or even read poetry.</p> <p>Pride Support The 2S-LGBTQ+ evening group that talks about different stuff going on in the city and provide peer support to those that need it.</p>	<p>BINGO Come and play BINGO in the common area at NISA. You could win a prize.</p> <p>Heroes, Allies & Companions A group on what type of supports you have in your life.</p>	<p>Fingerpainting Party Let go of Perfection and enjoy fingerpainting to music. Increases emotional awareness and provides stress relief.</p> <p>Candle Creation Create mini candles for yourself as Gifts!!!</p>	<p>Tie Dye T-Shirts A fun interactive activity to learn how to create your Tie Dye T-Shirts.</p> <p>Nail Painting A little pampering in order to feel relaxed and special</p>
<p>Exploring Our Skills and Goals Learning a specific life skill or making a life goal.</p> <p>Older Adult Sharing Circle Discussing topics geared towards Older Adults in a safe and nonjudgemental environment.</p>	<p>Cribbage Tournament Come and challenge NISA members to cribbage and see who wins to get their name on winner's board.</p> <p>2S-LGBTQ+ Older Adult Support Circle A group for older adults to discuss your experiences and struggles as well as solutions to improve Queer Mental Health.</p>	<p>Self Care Bookmarks Designing bookmarks with positive affirmations on them.</p> <p>Healing Hospital Designing your perfect hospital, retreat centre or vacation house.</p>	<p>Yoga Decrease your stress and increase your stamina</p> <p>Zumba A follow along beginner Zumba class.</p> <p>Rock Painting Design your unique rock</p>	<p>Gratitude Prompts Prompts to look on the more positive side of our lives.</p> <p>Breaking Bad Habits Tips and Tricks on how to break out of some of our bad habits.</p>
<p>Writer's Circle A place to hone your writing skills with prompts and writing exercises. Meeting ID: 868 0625 6515</p> <p>2S-LGBTQ+ Sharing Circle A place where 2S-LGBTQ+ community can come and discuss topics in a safe and nonjudgemental environment.</p>	<p>Wellness Walk Let's get out and enjoy the sunny weather while working on our physical health</p> <p>Planting with Alex Learn how to plant and take care of our environment. Please sign up for this Group</p>	<p>Self Care Visual What does Self Care look like for you? An exercise in self care and an assessment for self care.</p> <p>Vacation Collage Create your dream vacation by combining images to create a landscape.</p>	<p>Managing Triggers Workshop on managing daily life challenges</p> <p>Knowing your Personality & Needs Workshop on understanding who you are and your needs.</p>	<p>Self-Care with Shirley (Part 1) Create your own Self Care checklist</p> <p>Self-Care with Shirley (Part 2) Check in on the checklist & Wellness Wheel</p>
<p>Peer Support for the Supporter A place where people who take care of others can come to provide peer support to each other.</p> <p>Game Changers A group that plays different kinds of games, like board games, card games and other kinds of games.</p>	<p>Dog Therapy Socialize and meet some new furry friends.</p> <p>Virtual Hang Out A virtual place where people can share what is happening in their life. Meeting ID: 882 1659 1172</p>	<p>Wellness Toolbox Create a toolbox with your favorite coping mechanisms. Assists when you are feeling overwhelmed.</p> <p>Baking with Madison Come join Madison and make some sweet treats.</p>	<p>Self Care Kits Interactive workshop of creating your own self care kit.</p> <p>Self Compassion & Gratitude Interactive Workshop on learning compassion and gratitude for oneself.</p>	<p>Laughter Yoga Exercising with Laughter</p> <p>Bath Bombs Promotes relaxation and skin care Offering an enjoyable experience</p>

Monthly Group Descriptions