

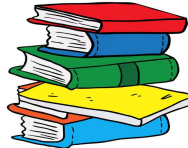
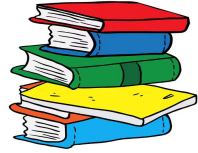


# NISA April 2026 Calendar

Mon	Tue	Wed	Thu	Fri
		1	2	3
		<p><b>10-11:30am Food is Mood (In-person)</b> (Tomato Bacon Pasta Bake)</p> <p><b>1:30-3pm Navigating Stress &amp; Anxiety (Hybrid)</b></p> <p style="text-align: center; color: purple;"><b>COMING IN JUNE!!!</b></p> <p style="text-align: center; color: purple;">10am-12pm Wellness Recovery Action Plan (WRAP)</p>	<p><b>10-11:30am Food is Mood (In-person)</b> (Mini Quiches)</p> <p><b>1-2pm Virtual Hangout (Hybrid)</b> (Arts &amp; Crafts: DIY Bookmark or Affirmation Card)</p> <p><b>1-3:15pm Holistic Arts Program (In-Person)</b></p> <p style="text-align: center; color: purple;"><b>COMING IN JUNE!!!</b></p> <p style="text-align: center; color: purple;">10am-12pm Wellness Recovery Action Plan (WRAP) for Addictions</p>	<p><b>NISA CLOSED</b> <b>GOOD FRIDAY</b></p> 
6	7	8	9	10
<p><b>NISA CLOSED</b> <b>EASTER MONDAY</b></p> 	<p><b>8:30-11:30am NISA Closed - Staff Meeting</b></p> <p><b>12-1pm NISA Membership Meeting</b> ID: 950 311 1979   Password: 6472</p> <p><b>1-2pm Paint Mix &amp; Match (In-person)</b></p> <p><b>1-3pm Warm Hearts Warm Bodies (In-person)</b></p> <p><b>6-7:30pm We Matter (Virtual)</b></p>	<p><b>10-11:30am Food is Mood (In-person)</b> (Macaroni Soup)</p> <p><b>1:30-3pm Navigating Stress &amp; Anxiety (Hybrid)</b></p> <p style="text-align: center; color: purple;"><b>COMING IN JUNE!!!</b></p> <p style="text-align: center; color: purple;">10am-12pm Wellness Recovery Action Plan (WRAP)</p>	<p><b>8:30am-1pm NISA Closed - Staff Training</b></p> <p><b>1-3:15pm Holistic Arts Program (In-Person)</b></p>	<p><b>NISA CLOSED</b> <b>STAFF TRAINING</b></p> 
13	14	15	16	17
<p><b>10-11am Sharing Circle (Hybrid)</b> (Mindfulness &amp; Grounding)</p> <p><b>11:30am-12:30pm Skills (Hybrid)</b> (Confidence vs Arrogance)</p> <p><b>1-2pm Substance Use Sharing Circle (Hybrid)</b> (Gratitude)</p> <p><b>1-3pm Warm Hearts/Warm Bodies (In-person)</b></p>	<p><b>10-11am Animal Habitats (In-Person)</b></p> <p><b>11am-12pm Dance Around the World (In-Person)</b></p> <p><b>1-2pm Paint Social (In-Person)</b></p> <p><b>1-3pm Warm Hearts/Warm Bodies (In-person)</b></p> <p><b>6-7:30pm We Matter (Virtual)</b></p>	<p><b>10-11:30am Food is Mood (In-person)</b> (Shepherd's Pie)</p> <p><b>1:30-3pm Navigating Stress &amp; Anxiety (Hybrid)</b></p> <p style="text-align: center; color: purple;"><b>COMING IN JUNE!!!</b></p> <p style="text-align: center; color: purple;">10am-12pm Wellness Recovery Action Plan (WRAP)</p>	<p><b>10-11:30am Food is Mood (In-person)</b> (Chicken Fajitas)</p> <p><b>1-2pm Virtual Hangout (Hybrid)</b> (Jeopardy! NISA Edition)</p> <p><b>1-3:15pm Holistic Arts Program (In-Person)</b></p> <p style="text-align: center; color: purple;"><b>COMING IN JUNE!!!</b></p> <p style="text-align: center; color: purple;">10am-12pm Wellness Recovery Action Plan (WRAP) for Addictions</p>	<p><b>10-11am Wall Pilates (In-Person)</b></p> <p><b>11am-12pm Connections (In-Person)</b></p> <p><b>1-3pm Open Mic (In-Person)</b></p> <p><b>1-3pm Warm Hearts/Warm Bodies (In-person)</b></p>

<p><b>20</b></p> <p><b>10–11am Sharing Circle (Hybrid)</b> (Identity &amp; Purpose)</p> <p><b>11:30am-12:30pm Skills (Hybrid)</b> (Money Personality)</p> <p><b>1-2pm Substance Use Sharing Circle (Hybrid)</b> (Why trauma can lead to adiction)</p> <p><b>1-3pm Warm Hearts/Warm Bodies (In-person)</b></p>	<p><b>21</b></p> <p><b>10-11am Spring Pictionary (In-Person)</b></p> <p><b>11am-12pm Earth Day Art (In-Person)</b></p> <p><b>1–2pm Paint Pour (In-Person)</b></p> <p><b>1-3pm Warm Hearts/Warm Bodies (In-person)</b></p> <p><b>6-7:30pm We Matter (Virtual)</b></p>	<p><b>22</b></p> <p><b>10-11:30 Food is Mood (In-person)</b> (Sushi)</p> <p><b>1:30–3pm Navigating Stress &amp; Anxiety (Hybrid)</b></p> <p><b>COMING IN JUNE!!!</b></p> <p><b>10am–12pm Wellness Recovery Action Plan (WRAP)</b></p>	<p><b>23</b></p> <p><b>10-11:30 Food is Mood (In-person)</b> (Hashbrown Breakfast Casserole)</p> <p><b>1-2pm Virtual Hangout (Hybrid)</b> (Mindful Moments: Guided Visualization &amp; Discussion)</p> <p><b>1-3:15pm Holistic Arts Program (In-Person)</b></p> <p><b>COMING IN JUNE!!!</b></p> <p><b>10am–12pm Wellness Recovery Action Plan (WRAP) for Addictions</b></p>	<p><b>NISA CLOSED</b> <b>STAFF TRAINING</b></p> 
<p><b>27</b></p> <p><b>10–11am Sharing Circle (Hybrid)</b> (Hope &amp; Healing)</p> <p><b>11:30am-12:30pm Skills (Hybrid)</b> (Disabilities &amp; Self-Esteem)</p> <p><b>1-2pm Substance Use Sharing Circle (Hybrid)</b> (CPTSD)</p> <p><b>1-3pm Warm Hearts/Warm Bodies (In-person)</b></p>	<p><b>28</b></p> <p><b>10-11am Jeopardy (In-Person)</b></p> <p><b>11am-12pm Reaction Time Games (In-Person)</b></p> <p><b>1–2pm Art Prompts (In-Person)</b></p> <p><b>1-3pm Warm Hearts/Warm Bodies (In-person)</b></p> <p><b>6-7:30pm We Matter (Virtual)</b></p>	<p><b>29</b></p> <p><b>10-11:30am Food is Mood (In-person)</b> (Pancakes)</p> <p><b>1:30–3pm Navigating Stress &amp; Anxiety (Hybrid)</b></p> <p><b>COMING IN JUNE!!!</b></p> <p><b>10am–12pm Wellness Recovery Action Plan (WRAP)</b></p>	<p><b>30</b></p> <p><b>10-11:30 Food is Mood (In-person)</b> (Carrot Muffins)</p> <p><b>1-2pm Virtual Hangout (Hybrid)</b> (Fun Discussion: If I won the lottery)</p> <p><b>1-3:15pm Holistic Arts Program (In-Person)</b></p> <p><b>COMING IN JUNE!!!</b></p> <p><b>10am–12pm Wellness Recovery Action Plan (WRAP) for Addictions</b></p>	

Want to know more about NISA or any of these groups? Would you like to sign up for a group?  
Please contact [Info@nisa.on.ca](mailto:Info@nisa.on.ca) OR telephone us at **705-222-6472**

**Tuesdays & Fridays are "drop-in" days**  
**Mondays, Wednesdays and Thursdays you must sign up for groups**