

## Wellness Drop-in Program Schedule - January to June 2019

Week of	Monday 10:00 - 11:30am	Monday 5:00-6:30pm	Wednesday 2:00-3:30pm
Jan 21-25	Module 4	Module 2	Module 1
Jan 28-Feb 1	Module 1	Module 3	Module 2
Feb 4-Feb 8	Module 2	Module 4	Module 3
Feb 11-Feb 15	Module 3	Module 1	Module 4
Feb 18- Feb 22	<b>HOLIDAY</b>	<b>HOLIDAY</b>	Module 1
Feb 25-Mar 1	Module 4	Module 2	Module 2
Mar 4- Mar 8	Module 1	Module 3	Module 3
Mar 11-Mar 15	Module 2	Module 4	Module 4
Mar 18- Mar22	Module 3	Module 1	Module 1
Mar 25-Mar 29	Module 4	Module 2	Module 2
April 1-April 5	Module 1	Module 3	Module 3
April 8-April 12	Module 2	Module 4	Module 4
April 15-April 19	Module 3	Module 1	Module 1
April 22- April 26	<b>HOLIDAY</b>	<b>HOLIDAY</b>	Module 2
April 29- May 3	Module 4	Module 2	Module 3
May 6- May 10	Module 1	Module 3	Module 4
May 13- May 17	Module 2	Module 4	Module 1
May 20- May 24	<b>HOLIDAY</b>	<b>HOLIDAY</b>	Module 2
May 27-May 31	Module 3	Module 1	Module 3
June 3- June 7	Module 4	Module 2	Module 4
June 10-June 14	Module 1	Module 3	Module 1

**Module 1: Sense of Self**

(Note: Dates and Times may be subject to change)

**Module 2: Boundaries and Communication**

**Module 3: Feelings, Anxiety & Stress**

**Module 4: Depression & Anger**

**Module 5: Mindfulness and Movement: Wednesdays 1:00-2:00pm and 2:00-3:00pm**

(\*Module 5 only - talk with your counsellor about this specific program's details)

