

# Family Services Windsor-Essex

## WALK-IN WELLNESS GROUP SESSIONS - SCHEDULE

(\*Subject to Change)

Leamington Family Health Team	*Monday 10:00 - 11:30 1m
Apr-29	Sense of Self
May-06	Communication & Boundaries
May-13	Stress & Anxiety
May-20	Holiday
May-27	Depression & Anger
Jun-03	Sense of Self
Jun-10	Communication & Boundaries
Jun-17	Stress & Anxiety
Jun-24	Depression & Anger
Jul-01	Holiday
Jul-08	Sense of Self
Jul-15	Communication & Boundaries
Jul-22	Stress & Anxiety
Jul-29	Depression & Anger
Aug-05	Holiday
Aug-12	Sense of Self
Aug-19	Communication & Boundaries
Aug-26	Stress & Anxiety
Sep-02	Holiday
Sep-09	Depression & Anger
Sep-16	Sense of Self
Sep-23	Communication & Boundaries
Sep-30	Stress & Anxiety