



**COMMUNITY PROGRAMS - LONDON**

**Community Integration & Life Management Program**

**February 2012 SCHEDULE**

**Hours of Operation:**  
*Sunday-Friday 11 – 5 pm*  
 (Closed Saturdays)

Check out all the WOTCH Program Calendars:  
[www.wotch.org](http://www.wotch.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p><b>Finding Your Way: (6-9 pm at Central Library—Stevenson &amp; Hunt Room A)</b></p> <p>Food Psychology 101: How Marketing and Media Influence Food Selection (6-7pm)</p> <p>How do I look? Understanding human interest in body image (7-8pm)</p> <p>Transgender Identities Across the Lifespan: An Exploration and Discussion of Individual Differences Surrounding Gender Identity (8-9pm)</p>						
<p>5</p> <p>Cryptogram: 12:30pm            Sunday Sports: 1pm (Ping Pong)            Art Group: 1-3pm</p>	<p>6</p> <p>Word Creations: 12:30pm            Art &amp; Crafts: 12:30-2:30pm (Pajama Pant Workshop - \$8)            Plant Therapy: 2:30-3:30pm            We're Laughing Now!: 2-4pm  <b>ConnectED Workshop: 6-9pm</b> (Sexuality)</p>	<p>7</p> <p><b>Adult 55+ program @ (1119 Jalna Blvd)</b>            #'s Mastermind: 12:30pm            Women's Group: 1-3pm            Let's Write: 2-3:30pm            Open Forum: 3:30</p>	<p>8</p> <p>Collective Kitchen            Focus Group: 10:30 am            Welcome Group: 11-11:45am            Wednesday Walk: 11-11:45am            Word Jumble: 12:30pm            Mandala Colouring: 1-3pm  <b>Goodwill Play Rehearsal: 7pm</b></p>	<p>9</p> <p>Anger &amp; Aggression Workshop: 10-12pm            Categories: 12:30pm  <b>Belong to Song: 1-2pm</b></p>	<p>10</p> <p>Sudoku: 12:30pm  <b>Bowling \$4.00: 1-3pm</b> (@ Bowlaroma on Thompson)</p>	11
<p>12</p> <p>Pictionary: 12:30pm            Sunday Sports: 1pm (Ping Pong)            Art Group: 1-3pm</p>	<p>13</p> <p>Who Am I?: 12:30pm            Art &amp; Crafts: 12:30-2:30pm (Pajama Pant Workshop - \$8)            We're Laughing Now!: 2-4pm            Plant Therapy: 2:30-3:30pm</p>	<p>14</p> <p><b>Adult 55+ program @ (1119 Jalna Blvd)</b>            Group of 7: 12:30pm            Women's Group: 1-3pm            Let's Write: 2-3:30pm</p>	<p>15</p> <p>Welcome Group: 11-11:45am            Wednesday Walk: 11-11:45am            Don't Forget the Lyrics: 12:30pm            Mandala Colouring: 1-3pm</p>	<p>16</p> <p>Anger &amp; Aggression Workshop: 10-12pm            Sudoku: 12:30pm  <b>Belong to Song: 1-2pm</b>  <b>City Symposium: 7-8:30pm</b></p>	<p>17</p> <p>Words in a Word: 12:30pm  <b>Bowling \$4.00: 1-3pm</b> (@ Bowlaroma on Thompson)</p>	18
<p>19</p> <p>Text Twist: 12:30pm            Sunday Sports: 1pm (Ping Pong)            Art Group: 1-3pm</p>	<p>20</p> <p><b>FAMILY DAY</b>            Family Trivia: 12:30pm            Pool Games: 2-4pm</p>	<p>21</p> <p><b>Adult 55+ program @ (1119 Jalna Blvd)</b>            Dietician: 12:30pm            Women's Group: 1-3pm            Let's Write: 2-3:30pm</p>	<p>22</p> <p>Welcome Group: 11-11:45am            Wednesday Walk: 11-11:45am            4 Letters: 12:30pm            Mandala Colouring: 1-3pm</p>	<p>23</p> <p>Anger &amp; Aggression Workshop: 10-12pm            Word Builder: 12:30pm  <b>Belong to Song: 1-2pm</b></p>	<p>24</p> <p>Word Scramble: 12:30pm  <b>Bowling \$4.00: 1-3pm</b> (@ Bowlaroma on Thompson)</p>	25
<p>26</p> <p>Headlines: 12:30pm            Sunday Sports: 1pm (Ping Pong)            Art Group: 1-3pm</p>	<p>27</p> <p>Riddle Me This: 12:30pm            Art &amp; Crafts: 12:30-2:30pm (Pajama Pant Workshop - \$8)            We're Laughing Now!: 2-4pm            Newsletter Committee: 3-4pm            Plant Therapy: 2:30-3:30pm</p>	<p>28</p> <p><b>Adult 55+ program @ (1119 Jalna Blvd)</b>  <b>Ashley Verhaaff – WOTCH Volunteer Program:</b> 12:30pm            Women's Group: 1-3pm            Let's Write: 2-3:30pm</p>	<p>29</p> <p>Wednesday Walk: 11-11:45am            Word Creation: 12:30pm            Mandala Colouring: 1-3pm  <b>Finding Your Way: 6-9pm</b></p>	<p><b>Salon Day has changed!</b>            Book for an appointment on Mondays (after 12 pm) or Tuesdays (after 10 am) any week in the month.            Contact Sam at ext. 417</p>		

**Program Descriptions for February 2012**

<b>Adult 55+ Program</b> – Are you 55 +? Meet us at the South London Neighbourhood Resource Centre for a 7 week workshop on healthy aging, tai chi and much more. Nutritious lunch and refreshments served for \$3.	<b>Cultural Exchange Club</b> – Open to all interested WOTCH clients. Plan dynamic cultural events throughout the year! Come and enjoy this month’s special event, “The road to Freedom”.	<b>Sunday Sports</b> - Join us on Sundays for a fun and non-competitive session of sports! This month play ping pong. Not sure how to play, come in and learn the rules.	<p><b>Vocational Rehabilitation Services Pay Dates:</b>                      Friday, Feb. 3<sup>rd</sup>, 2012                      Friday, Feb. 17<sup>th</sup>, 2012                      Please pick up your cheque in the Employment Room in the WOTCH Centre from 12noon-2pm</p> <p><b>Call for Musicians: Belong to Song Drop In Jam (New Hours!)</b>                      Every Thursday from 1-2 @ Old East Studios @ 755 Dundas St. Come out and play or listen to music!                      Mentoring sessions available by appointment.</p> <p><b>WOTCHDog Newsletter</b>                      The newsletter is now accepting submissions for its upcoming issue. Call Jenna at ext 427 <a href="mailto:infowotchdognewsletter@watch.on.ca">infowotchdognewsletter@watch.on.ca</a></p> <p><b>Concurrent Disorders Group</b>                      Wednesdays 11am-1pm                      Emily Carr Room, WOTCH                      Join this safe, social and confidential group to learn about practical coping skills for addictions.                      Open to all clients at any stage of recovery.</p> <p><b>WOTCH Clinical Services offers a variety of health and wellness programs.</b>                      Please check out the Clinical Services monthly calendar for dates/times.                      It is posted at WOTCH and on the WOTCH website: <a href="http://www.wotch.org">www.wotch.org</a></p>
<b>Anger and Aggression Workshop</b> —Learn tools to help manage and control your feelings of anger and aggression.	<b>Finding Your Way</b> – Attend this 3 part information session at Central Library. For more information see ad on front page.	<b>We’re Laughing Now!</b> – How important is laughter? Find out in this humour workshop. Learn about different ways to add some laughter to your life.	
<b>Art Group</b> – Relieve stress through this creative outlet and learn new skills through the use of a variety of materials. No experience necessary.	<b>Goodwill Play Rehearsal</b> —Enjoy this production about Goodwill Industries and learn about the Goodwill movement and its importance in our community.	<b>Wednesday Walk</b> – Come out for an early afternoon walk through the neighbourhood! It’s a great way to start your morning and improve your health.	
<b>Art &amp; Crafts</b> – Learn a new craft skill or reconnect with an old one. Call Sam @ ext. 417 for Art & Crafts Workshops.	<b>Horticulture</b> – Take care of the Bistro greenery! Help nurture our plants and create a green space for everyone to enjoy.	<b>Welcome Group</b> – This new group replaces orientation. Peer volunteers will be assisting new clients by welcoming them to WOTCH, and discussing current programs that are being offered.	
<b>Belong to Song</b> – An exploration of listening to and/or playing live music as an opportunity for self fulfillment & social engagement, for those recovering from or living with mental illness.	<b>Noon Games</b> – Start your day with a thinking game. Increase your focus, stimulate your mind, and improve your intellect.	<b>Women’s Group</b> – Participate in this ladies life skills group. Learn about empowerment, goals, self belief, leadership, and recreation.	
<b>Bowling</b> – Bowl with us! Every Friday at Bowlarama on Thompson! Bowl two games for \$4.00 and have fun!! New location – Thompson Rd west of Adelaide.	<b>Open Forum</b> – Second Tuesday of every month. Learn all the latest news in Community Programs–London. Have any agenda items? Please contact WOTCH Centre staff.	<b>WOTCHDog Newsletter Committee</b> – Become part of a dedicated group of editors and newsletter contributors. You can submit contributions anytime!	
<b>City Symposium</b> - The City Symposium is a monthly event that brings you face-to-face with the most inspiring speakers, artists and innovators in the city. (@ Central Library)	<b>Plant Therapy</b> – Learn about plant therapy by watching documentaries, having conversations and getting your hands dirty.	<b>Life Management Program</b> – This structured life skills program requires a referral and emphasizes on goal setting, mental health education, and leisure pursuits. Groups are scheduled for Tuesday, Wednesday, and Thursday from 10 am – 12 pm. Interested? See staff for more information.	
<b>Colouring Mandalas</b> – Relax and focus. Choose from a wide assortment of Mandalas and colour away!	<b>Palace Theatre</b> —Love theatre? Become lost in this production of Treasure Island. Free for one night!		
<b>ConnectED Workshop</b> – This monthly workshop at the Central Library allows opportunities to gain knowledge and awareness of mental health issues and local supports. This month’s topic is Psychosis.	<b>Salon Day</b> – Sign up now for your free appointment at Marvel Beauty School! Appointments on Monday after 12 pm and Tuesdays after 10 am. Contact Sam @ ext. 417.		

**Welcome Group: Every Wednesday, 11:00 am-11:45 am**

**CONTACT INFORMATION**

*In the event of stormy weather, call this extension to verify if the Centre is open.*



**Community Integration & Life Management Program Location:**

WOTCH Centre, 534 Queens Avenue, London, Ontario N6B 1Y6

**Client Telephone: 519-432-3593**

**WOTCH Centre: 519-432-1607 ~ See corresponding extensions below.**

<b>WOTCH Centre hours updates:</b> Ext. 500	<b>Community Integration voicemail:</b> Ext. 501	<b>Life Management Program voicemail:</b> Ext. 428	<b>Vocational Rehabilitation Services voicemail:</b> Ext. 502
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