

WOTCH Community Mental Health Services

TIME FOR YOU!

A self-care and wellness series for family and friends of those living with mental illness.

SCHEDULE FOR 2010

February	10th	Introduction to Self Care with Sabrina Andrews & Trudy Gratto
	24th	Affirmations and Intentions with Susan Meehan
March	10th	The Power of Humour with Sabrina Andrews & Trudy Gratto
	24th	NIA™ - The Joy of Movement with Susan Meehan
April	14th	Basic Meditation Techniques with Susan Meehan
	28th	Restorative Yoga for Stress Relief with Sophie Hawkins
May	12th	Introduction to Tai Chi with Jessie Dietsche
	26th	NIA™ - The Joy of Movement with Susan Meehan
June	9th	Introduction to Ayurveda with Sophie Hawkins
	23rd	Emotional Freedom Technique with Susan Meehan
July	14th	Breathing and Meditation for Health & Calmness With Dr. Pankaj Seth
	28th	NIA™ - The Joy of Movement with Susan Meehan
August	11th	Restorative Yoga for Stress Relief with Sophie Hawkins
	25th	Developing My Spirituality with Susan Meehan
September	8th	Naturopathic Self-Care with Dr. Pankaj Seth
	22nd	NIA™ - The Joy of Movement with Susan Meehan
October	13th	The Benefits of Physical Activity on Emotional Health with Liisa Driessen
	27th	Additional Meditation Techniques with Susan Meehan
November	10th	Experience the Joy of Dance with Patricia and David Verkley
	24th	NIA™ - The Joy of Movement with Susan Meehan



Often the emotional, spiritual and mental health of family members, caregivers or friends of those who have a serious mental illness gets over-looked. This series will provide tools and techniques to empower you to reclaim the “self” you may have forgotten.

We will informally introduce you to a variety of healing arts, general wellness strategies and fun activities in a safe, peaceful environment where we all share the common experience of supporting someone with a mental illness.

Where: WOTCH Community Mental Health Services
534 Queens Avenue
Upper Level (not wheelchair accessible)

When: 2nd and 4th Wednesday of each month
From: February to November
Time: 6:30 pm—8:00 pm

Please note: These classes can be taken individually, according to your personal interests.

For more information or to register, contact Sabrina Andrews, Family Support Worker at WOTCH:
(519) 668-0624 ext. #227 or by email to S.Andrews@wotch.on.ca