

CALENDAR OF ACTIVITIES - OCTOBER 2023

Peer Support Group Meetings			
Day	Dates in October	Description	Start
Mon	2, 9, 16, 23 & 30 Oct	Eagles Check-in Support Group	11.45am
Tue	3, 10, 17, 24 & 31 Oct	Dandelion DBSA Check-in Support Group	12pm
Wed	4, 11, 18 & 25 Oct	Eagles Check-in Support Group	
	4 & 18 Oct (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	11 & 25 Oct (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	5, 12, 19 & 26 Oct	Dandelion DBSA Check-in Support Group	12pm
Fri	6, 13, 20 & 27 Oct	Eagles Check-in Support Group	
	13 & 20 Oct	Sensorium @ Betsy's ^{l#}	8pm
For this month, we will focus on Resilience & Self-Advocacy			
Bonding Activities			
Day	Dates in October	Description	Start
Tue	24 Oct	Games Night	7.30pm
Fri	13 Oct	Afternoon Rides for Wellness ^l	3.30pm
Sat	14 & 21 Oct	Nature Hike/Outing ^l	9.30am
Workshops and Coffee-Table Chats			
Day	Dates in October	Description	Start
Sat	14 & 28 Oct	Art Workshop @ Betsy's ^l	2pm
	28 Oct	Animal Assisted Activity – Rabbits @ Betsy's ^l	11am
Anonymous Groups			
Day	Dates in October	Description	Start
Tue	3, 10, 17, 24 & 31 Oct	Overeaters Anonymous	7pm
Wed	4, 11, 18 & 25 Oct	Al-Anon SG How Al-Anon Works	
Sat	7, 14, 21 & 28 Oct	Alcoholics Anonymous (Young People's Meeting)	8pm

NOTES:

1. Kindly email info@psaltcare.com with your **Name** and **Contact**, or WhatsApp to +65 6205 5538 for enquiries.
2. Members who need more support or help, please email support@psaltcare.com stating the nature of your request. We will endeavour to support you as best we can.
3. All activities will be conducted in line with prevailing COVID-19 safe management measures and held online unless otherwise indicated.

^l Activity will be held **in person**.

[#] Activity is open to a closed group of participants meeting specific eligibility criteria and/or from selected partner organisations.

'PSALT' MEANING
Peer Support.
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PSALT CARE LTD

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