

CALENDAR OF ACTIVITIES - SEPTEMBER 2023

Peer Support Group Meetings

| Day | Date(s) in September | Description | Start |
|-----|---|--|---------|
| Mon | 4, 11, 18 & 25 Sep | Eagles Check-in Support Group | 11.45am |
| Tue | 5, 12, 19 & 26 Sep | Dandelion DBSA Check-in Support Group | 12pm |
| Wed | 6, 13, 20 & 27 Sep | Eagles Check-in Support Group | 7.30pm |
| | 6 & 20 Sep (1 st & 3 rd Wed) | Words of Wisdom (WoW-1) Peer Support Group | |
| | 13 & 27 Sep (2 nd & 4 th Wed) | Ways of Wellness (WoW-2) DBSA Peer Support Group | |
| Thu | 7, 14, 21 & 28 Sep | Dandelion DBSA Check-in Support Group | 12pm |
| Fri | 1, 8, 15, 22 & 29 Sep | Eagles Check-in Support Group | 8pm |
| | 8 & 15 Sep | Sensorium @ Betsy's ^{l#} | |

*For this month, we will focus on **Peace & Education***

Bonding Activities

| Day | Date(s) in September | Description | Start |
|-----|----------------------|---|--------|
| Tue | 26 Sep | Games Night @ Betsy's | 7.30pm |
| Fri | 29 Sep | Afternoon Rides for Wellness ^l | 3.30pm |
| Sat | 16 & 30 Sep | Nature Hike/Outing ^l | 9.30am |

Workshops and Coffee-Table Chats

| Day | Date(s) in September | Description | Start |
|-----|----------------------|--|-------|
| Fri | 22 Sep | A Roadmap to Your Newer Self: The Pursuit of Change Through Coaching Conversations | 3pm |
| Sat | 9 Sep | Introduction to PSALT Care's ASPIRE Programme | 11am |
| | 9 & 23 Sep | Art Workshop @ Betsy's ^l | 2pm |
| | 30 Sep | Animal Assisted Activity – Cats @ Betsy's ^l | |

Anonymous Groups

| Day | Date(s) in September | Description | Start |
|-----|-----------------------|---|-------|
| Tue | 5, 12, 19 & 26 Sep | Overeaters Anonymous | 7pm |
| Wed | 6, 13, 20 & 27 Sep | AI-Anon SG How AI-Anon Works | |
| Sat | 2, 9, 16, 23 & 30 Sep | 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.
Advocacy.
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PSALT CARE LTD

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