

CALENDAR OF ACTIVITIES - DECEMBER 2023

Peer Support Group Meetings			
Day	Dates in December	Description	Start
Mon	4, 11, 18, & 25 Dec	Eagles Check-in Support Group	11.45am
Tue	5, 12, 19 & 26 Dec	Dandelion DBSA Check-in Support Group	12pm
Wed	6, 13, 20 & 27 Dec	Eagles Check-in Support Group	
	6 & 20 Dec (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	
	13 Dec (2 nd Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
	27 Dec	Words of Wisdom (WoW-1) Peer Support Group – Year-end Gracitudes	7.30pm
Thu	7, 14, 21 & 28 Dec	Dandelion DBSA Check-in Support Group	12pm
Fri	1, 8, 15, 22 & 29 Dec	Eagles Check-in Support Group	6pm
	15 Dec	Sensorium @ Betsy's ^{1#}	
For this month, we will focus on <i>Goodness & Hope</i>			
Bonding Activities			
Day	Dates in December	Description	Start
Tue	12 Dec	Evening Walk for Wellness – Enjoying Christmas Lights on a Great Street ¹	7.30pm
	26 Dec	Holiday Games Night @ Betsy's ¹	
Thu	21 Dec	Afternoon Ride for Wellness ¹	3pm
Fri	22 Dec	Volunteers & Donors Appreciation 2023 ^{1#}	7pm
Sat	16 Dec	Nature Hike/Outing ¹	9.30am
	23 Dec	Harvest Hopeful Words – Writing Words of Affirmation to Adorn 'Tree of Life' Mural @ Betsy's ¹	11am
		Journey to Joy – A Christmas Celebrating Recovery @ Betsy's ¹	11.30am
Workshops and Coffee-Table Chats			
Day	Dates in December	Description	Start
Fri	29 Dec	My Blueprint for Recovery: Revisiting My Daily Maintenance Plan For 2024 @ Betsy's ¹	3.30pm
Sat	9 Dec	Art Workshop @ Betsy's ¹	2pm
Anonymous Groups			
Day	Dates in December	Description	Start
Tue	5, 12, 19 & 26 Dec	Overeaters Anonymous ¹	7pm
Wed	6, 13, 20 & 27 Dec	Al-Anon SG How Al-Anon Works ¹	
Sat	2, 9, 16, 23 & 30 Dec	Alcoholics Anonymous (Young People's Meeting) ¹	8pm

NOTES:

1. 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.

¹ 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
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