

CALENDAR OF ACTIVITIES - JANUARY 2024

Peer Support Group Meetings			
Day	Dates in January	Description	Start
Mon	1, 8, 15, 22 & 29 Jan	Eagles Check-in Support Group	11.45am
Tue	2, 9, 16, 23 & 30 Jan	Dandelion DBSA Check-in Support Group	12pm
Wed	3, 10, 17, 24 & 31 Jan	Eagles Check-in Support Group	
	3 & 17 Jan (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	
	10 & 24 Jan (2 nd Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
	31 Jan	[Partner Programme] Promises Christian Peer Support Group @ Novena ¹	
Thu	4, 11, 18 & 25 Jan	Dandelion DBSA Check-in Support Group	12pm
Fri	5, 12, 19 & 26 Jan	Eagles Check-in Support Group	
For this month, we will focus on Gentleness & Personal Responsibility			
Bonding Activities			
Day	Dates in January	Description	Start
Tue	16 Jan	Games Night	7.30pm
Thu	25 Jan	Afternoon Rides for Wellness ¹	3pm
Sat	20 & 27 Jan	Nature Hike/Outing ¹	9.30am
Workshops and Coffee-Table Chats			
Day	Dates in January	Description	Start
Fri	26 Jan	Dealing with Difficult Questions in Social Situations–Peer Sharing @ Novena ¹	7.30pm
Sat	13 Jan	Game Development for Financial Wellness: An Introduction to Buildbox	11am
	6 & 20 Jan	Art Workshop @ Betsy's ¹	2pm
Anonymous Groups			
Day	Dates in January	Description	Start
Tue	2, 9, 16, 23 & 30 Jan	Overeaters Anonymous ¹	7pm
Wed	3, 10, 17, 24 & 31 Jan	Al-Anon SG How Al-Anon Works ¹	
Sat	6, 13, 20 & 27 Jan	Alcoholics Anonymous (Young People's Meeting) ¹	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.

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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