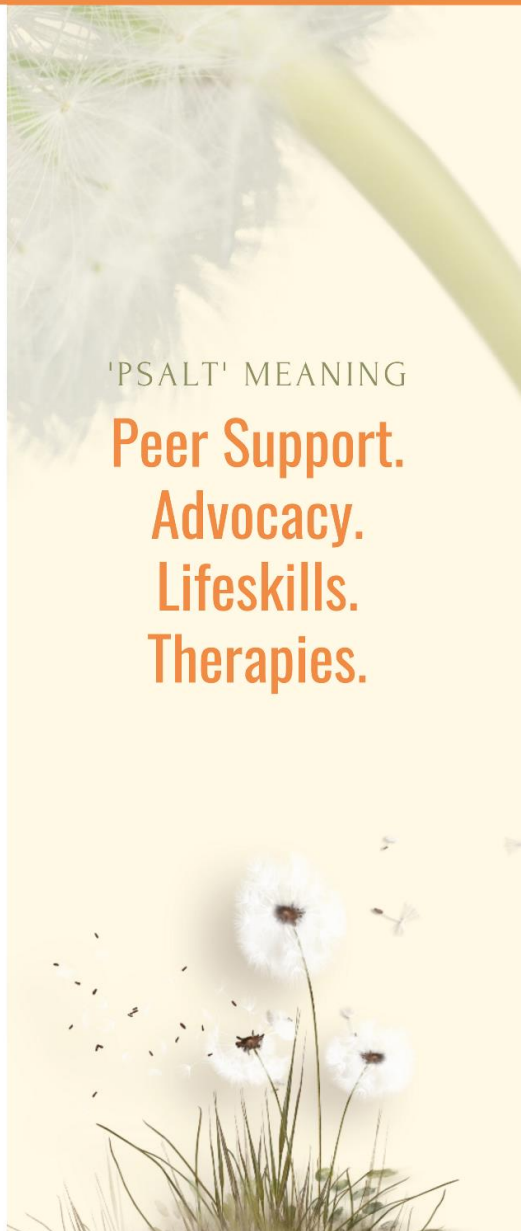


# CALENDAR OF ACTIVITIES - FEBRUARY 2024

Peer Support Group Meetings			
Day	Dates in February	Description	Start
Mon	5, 19 & 26 Feb	Eagles Check-in Support Group	11.45am
	12 Feb	Eagles Check-in Support Group @ Betsy's (Hybrid) <sup>1</sup>	
Tue	6, 13, 20 & 27 Feb	Dandelion DBSA Check-in Support Group	12pm
Wed	7, 14, 21 & 28 Feb	Eagles Check-in Support Group	7.30pm
	7 & 21 Feb (1 <sup>st</sup> & 3 <sup>rd</sup> Wed)	Words of Wisdom (WoW-1) Peer Support Group	
	14 & 28 Feb (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	1, 8, 15, 22 & 29 Feb	Dandelion DBSA Check-in Support Group	12pm
Fri	2, 9, 16 & 23 Feb	Eagles Check-in Support Group	
<b>For this month, we will focus on <i>Trustworthiness &amp; Education</i></b>			
Bonding Activities			
Day	Dates in February	Description	Start
Mon	12 Feb	CNY Celebration Lunch @ Betsy's <sup>1</sup>	1pm
Tue	20 Feb	Games Night	7.30pm
Thu	15 Feb	Afternoon Rides for Wellness <sup>1</sup>	3pm
Sat	17 & 24 Feb	Nature Hike/Outing <sup>1</sup>	9.30am
Workshops and Coffee-Table Chats			
Day	Dates in February	Description	Start
Fri	16 Feb	Financial Wellness Interactive Workshop: Growing Your Future Securely	7.30pm
Sat	3 Feb	Wrap & Roll for Nutritional Wellness @ Betsy's <sup>1</sup>	11am
		Art Workshop @ Betsy's <sup>1</sup>	2pm
Anonymous Groups			
Day	Dates in February	Description	Start
Tue	6, 13, 20 & 27 Feb	Overeaters Anonymous <sup>1</sup>	7pm
Wed	7, 14, 21 & 28 Feb	AI-Anon SG   How AI-Anon Works <sup>1</sup>	
Sat	3, 10, 17 & 24 Feb	Alcoholics Anonymous (Young People's Meeting) <sup>1</sup>	8pm



'PSALT' MEANING  
**Peer Support.**  
**Advocacy.**  
**Lifeskills.**  
**Therapies.**

NOTES:  
1. Kindly email [info@psaltcare.com](mailto: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](mailto: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.  
<sup>1</sup> Activity will be held in person.  
<sup>2</sup> Activity is open to a closed group of participants meeting specific eligibility criteria and/or from selected partner organisations.