

# CALENDAR OF ACTIVITIES - MARCH 2024

## Peer Support Group Meetings

Day	Dates in March	Description	Time
Mon	4, 11, 18 & 25 Mar	Eagles Check-in Support Group	11.45am
Tue	5, 12, 19 & 26 Mar	Dandelion DBSA Check-in Support Group	12pm
	6, 13, 20 & 27 Mar	Eagles Check-in Support Group	
Wed	6 & 20 Mar (1 <sup>st</sup> & 3 <sup>rd</sup> Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	13 & 27 Mar (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	7, 14, 21 & 28 Mar	Dandelion DBSA Check-in Support Group	12pm
Fri	1, 8, 15, 22 & 29 Mar	Eagles Check-in Support Group	
	29 Mar	BounceBack Youth Support Group <sup>#</sup>	4pm

*For this month, we will focus on **Self-control & Self-advocacy***

## Bonding Activities

Day	Dates in March	Description	Time
Tue	19 Mar	Games Night @ Betsy's <sup>1</sup>	7.30pm
Thu	21 Mar	Afternoon Rides for Wellness <sup>1</sup>	3pm
Sat	16 Mar	Outing to the Peranakan Museum <sup>1</sup>	9.30am
	23 Mar	Outing to Gardens by the Bay <sup>1</sup>	

## Workshops and Coffee-Table Chats

Day	Dates in March	Description	Time
Fri	8 Mar	Choice Matters   Thriving beyond 2024: Discover how you can make better choices through coaching conversations	3pm
Sat	9 Mar	Animal Assisted Activity – Cats @ Betsy's <sup>1</sup>	10.30am
	23 Mar	Art Workshop @ Betsy's <sup>1</sup>	2pm
	30 Mar	Game Development for Financial Wellness: Buildbox for Flappy Bird	10am

## Anonymous Groups

Day	Dates in March	Description	Time
Tue	5, 12, 19 & 26 Mar	Overeaters Anonymous <sup>1</sup>	7pm
Wed	6, 13, 20 & 27 Mar	AI-Anon SG   How AI-Anon Works <sup>1</sup>	
Sat	2, 9, 16, 23 & 30 Mar	Alcoholics Anonymous (Young People's Meeting) <sup>1</sup>	8pm

### NOTES:

- Kindly email [info@psaltcare.com](mailto:info@psaltcare.com) with your **Name** and **Contact**, or WhatsApp to +65 6205 5538 for enquiries.
- 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.
- 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>#</sup> 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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