

CALENDAR OF ACTIVITIES - APRIL 2024

Peer Support Group Meetings			
Day	Dates in April	Description	Time
Mon	1, 8, 15, 22 & 29 Apr	Eagles Check-in Support Group	11.45am
Tue	2, 9, 16, 23 & 30 Apr	Dandelion DBSA Check-in Support Group	12pm
Wed	3, 10, 17 & 24 Apr	Eagles Check-in Support Group	7.30pm
	3 & 17 Apr (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	
	10 & 24 Apr (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	4, 11, 18 & 25 Apr	Dandelion DBSA Check-in Support Group	12pm
Fri	5, 12, 19 & 26 Apr	Eagles Check-in Support Group	
For this month, we will focus on <i>Gratitude & Support</i>			
Bonding Activities			
Day	Dates in April	Description	Time
Tue	16 Apr	Games Night	7.30pm
Thu	18 Apr	Afternoon Rides for Wellness ¹	3pm
Sat	20 & 27 Apr	Nature Hike/Outing ¹	9.30am
Workshops and Coffee-Table Chats			
Day	Dates in April	Description	Time
Fri	19 Apr	Choice Matters Thriving beyond 2024: Discover how you can make better choices through coaching conversations	3pm
Sat	6 Apr	Wrap & Roll for Nutritional Wellness @ Betsy's ¹	11am
	20 Apr	Art Workshop @ Betsy's ¹	2pm
	13 Apr	Game Development for Financial Wellness: Turning Games into Income Streams [#]	10am
Anonymous Groups			
Day	Dates in April	Description	Time
Tue	2, 9, 16, 23 & 30 Apr	Overeaters Anonymous ¹	7pm
Wed	3, 10, 17, & 24 Apr	AI-Anon SG How AI-Anon Works ¹	
Sat	6, 13, 20, & 27 Apr	Alcoholics Anonymous (Young People's Meeting) ¹	

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.
4. Activity will be held in person.
5. Activity is open to a closed group of participants meeting specific eligibility criteria and/or from selected partner organisations.

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