

CALENDAR OF ACTIVITIES - MAY 2024

Peer Support Group Meetings			
Day	Dates in May	Description	Time
Mon	6, 13, 20 & 27 May	Eagles Check-in Support Group	11.45am
Tue	7, 14, 21 & 28 May	Dandelion DBSA Check-in Support Group	12pm
Wed	1, 8, 15, 22 & 29 May	Eagles Check-in Support Group	7.30pm
	1 & 15 May (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	
	8 & 22 May (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
	29 May (5 th Wed)	[Partner Programme] Promises Christian Peer Support Group @ Novena ¹	
Thu	2, 9, 16, 23 & 30 May	Dandelion DBSA Check-in Support Group	12pm
Fri	3, 10, 17, 24 & 31 May	Eagles Check-in Support Group	2.30pm
Sat	25 May	Resilience Gymer's Support Group @ Novena ^{1#}	
For this month, we will focus on Peace & Hope			
Bonding Activities			
Day	Dates in May	Description	Time
Tue	21 May	Games Night	7.30pm
Thu	30 May	Afternoon Rides for Wellness ¹	3pm
Sat	18 & 25 May	Nature Hike/Outing ¹	9.30am
Workshops and Coffee-Table Chats			
Day	Dates in May	Description	Time
Sat	4 May	Game Development for Financial Wellness - Part 3: Buildbox for Dino Run [#]	10am
	4 & 18 May	Art Workshop @ Betsy's ¹	2pm
	11 May	Animal Assisted Activity – Dogs @ Betsy's ¹	10am
Day	Dates in May	Description	Time
Tue	7, 14, 21 & 28 May	Overeaters Anonymous ¹	7pm
Wed	1, 8, 15, 22 & 29 May	Al-Anon SG How Al-Anon Works ¹	
Sat	4, 11, 18 & 25 May	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.
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
Peer Support.
Advocacy.
Lifeskills.
Therapies.