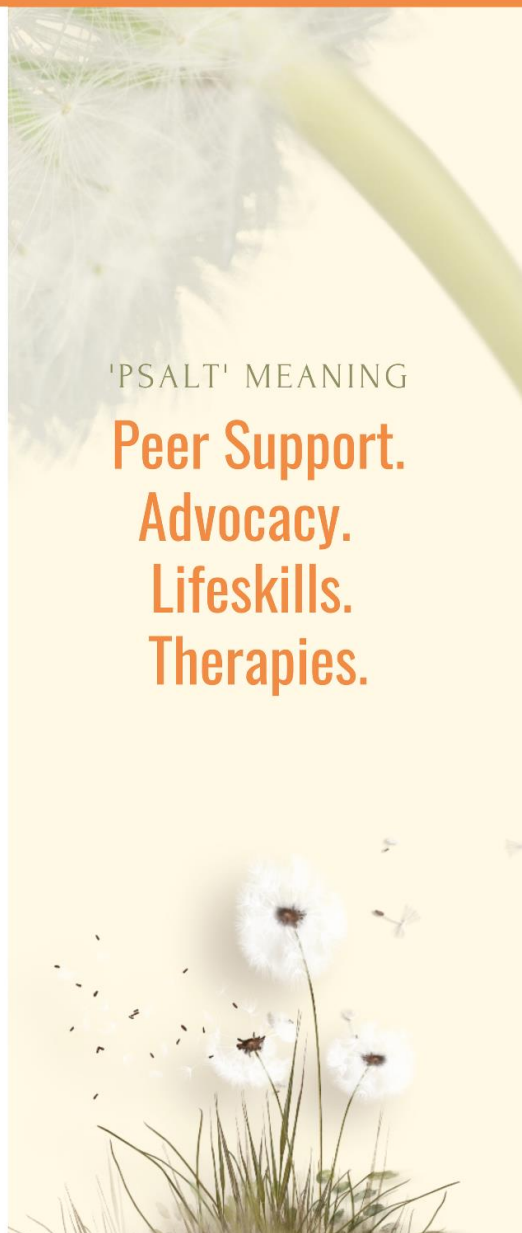


CALENDAR OF ACTIVITIES - JULY 2024

Peer Support Group Meetings			
Day	Dates in July	Description	Time
Mon	1, 8, 15, 22 & 29 Jul	Eagles Check-in Support Group	11.45am
Tue	2, 9, 16, 23 & 30 Jul	Dandelion DBSA Check-in Support Group	9.30am
Wed	3, 10, 17, 24 & 31 Jul	Eagles Check-in Support Group	12pm
	3 & 17 Jul (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	10 & 24 Jul (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
	31 Jul (5 th Wed)	[Partner Programme] Promises Christian Peer Support Group @ Novena ¹	
Thu	4, 11, 18 & 25 Jul	Dandelion DBSA Check-in Support Group	3.30pm
Fri	5, 12, 19 & 26 Jul	Eagles Check-in Support Group	12pm
Sat	27 Jul	Resilience Gymer's Support Group @ Novena ²	2pm
For this month, we will focus on <i>Kindness & Education</i>			
Bonding Activities			
Day	Dates in July	Description	Time
Thu	18 Jul	Games Night	7.30pm
Sat	20 Jul	Weekend Wellness Walks ³	9.30am
	27 Jul		
Workshops and Coffee-Table Chats			
Day	Dates in July	Description	Time
Fri	19 Jul	Pathway to Employment for My Wellbeing: Introduction to Skills Framework	7.30pm
Sat	13 & 27 Jul	Art Workshop @ Betsy's ⁴	2pm
Anonymous Groups			
Day	Dates in July	Description	Time
Tue	2, 9, 16, 23 & 30 Jul	Overeaters Anonymous ¹	7pm
Wed	3, 10, 17, 24 & 31 Jul	Al-Anon SG How Al-Anon Works ¹	
Sat	4, 11, 18 & 25 Jul	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.

