

CALENDAR OF ACTIVITIES - SEPTEMBER 2024

Peer Support Group Meetings

Day	Dates in September	Description	Time
Mon	2, 9, 16, 23 & 30 Sep	Eagles Check-in Support Group	11.45am
Tue	3, 10, 17 & 24 Sep	Dandelion DBSA Check-in Support Group	9.30am
Wed	4, 11, 18 & 25 Sep	Eagles Check-in Support Group	12pm
	4 & 18 Sep (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	11 & 25 Sep (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	5, 12, 19 & 26 Sep	Dandelion DBSA Check-in Support Group	3.30pm
Fri	6, 13, 20 & 27 Sep	Eagles Check-in Support Group	12pm
Sat	28 Sep	Resilience Gymers Support Group @ Novena ⁱⁱ	2pm

*For this month, we will focus on **Gentleness & Support***

Bonding Activities

Day	Dates in September	Description	Time
Thu	5 Sep	Wellness Walk Along The Singapore Night Festival ⁱ	7.30pm
	19 Sep	Games Night @ Betsy's ⁱ	
Sat	21 & 28 Sep	Weekend Wellness Walks ⁱ	9.30am

Workshops and Coffee-Table Chats

Day	Dates in September	Description	Time
Sat	14 & 28 Sep	Art Workshop @ Betsy's ⁱ	2pm

Anonymous Groups

Day	Dates in September	Description	Time
Tue	3, 10, 17 & 24 Sep	Overeaters Anonymous ⁱ	7pm
Wed	4, 11, 18 & 25 Sep	Al-Anon SG How Al-Anon Works ⁱ	
Sat	7, 14, 21 & 28 Sep	Alcoholics Anonymous (Young People's Meeting) ⁱ	

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.

ⁱ 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.

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