

# CALENDAR OF ACTIVITIES - OCTOBER 2024

## Peer Support Group Meetings

Day	Dates in October	Description	Time
Mon	7, 14, 21 & 28 Oct	Eagles Check-in Support Group	11.45am
Tue	1, 8, 15, 22 & 29 Oct	Dandelion DBSA Check-in Support Group	9.30am
Wed	2, 9, 16, 23 & 30 Oct	Eagles Check-in Support Group	12pm
	2 & 16 Oct (1 <sup>st</sup> & 3 <sup>rd</sup> Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	9 & 23 Oct (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
	30 Oct (5 <sup>th</sup> Wed)	[Partner Programme] Promises Christian Peer Support Group @ Novena <sup>1</sup>	
Thu	3, 10, 17, 24 & 31 Oct	Dandelion DBSA Check-in Support Group	3.30pm
Fri	4, 11, 18 & 25 Oct	Eagles Check-in Support Group	12pm
Sat	26 Oct	Resilience Gymer's Support Group @ Novena <sup>1#</sup>	2pm

*For this month, we will focus on **Trustworthiness & Hope***

## Bonding Activities

Day	Dates in October	Description	Time
Thu	24 Oct	Games Night	7.30pm
Sat	12 & 19 Oct	Weekend Wellness Walks <sup>1</sup>	9.30am

## Anonymous Groups

Day	Dates in October	Description	Time
Tue	1, 8, 15, 22 & 29 Oct	Overeaters Anonymous <sup>1</sup>	7pm
Wed	2, 9, 16, 23 & 30 Oct	Al-Anon SG   How Al-Anon Works <sup>1</sup>	
Sat	5, 12, 19 & 26 Oct	Alcoholics Anonymous (Young People's Meeting) <sup>1</sup>	

### NOTES:

1. Kindly email [info@psaltcare.com](mailto: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](mailto: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.

<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.**  
**Lifeskills.**  
**Therapies.**