

CALENDAR OF ACTIVITIES - DECEMBER 2024

Peer Support Group Meetings

Day	Dates in December	Description	Time
Mon	2, 9, 16, 23 & 30 Dec	Eagles Check-in Support Group	11.45am
Tue	3, 10, 17, 24 & 31 Dec	Dandelion DBSA Check-in Support Group	9.30am
Wed	4, 11, 18 & 25 Dec	Eagles Check-in Support Group	12pm
	4 Dec (1 st Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	11 & 25 Dec (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
	18 Dec	PSALT Care X CPSS Peer Sharing Dialogue ¹	7pm
Thu	5, 12, 19 & 26 Dec	Dandelion DBSA Check-in Support Group	3.30pm
Fri	6, 13, 20 & 27 Dec	Eagles Check-in Support Group	12pm
Sat	28 Dec	Resilience Gymsers Support Group @ Novena ^{1#}	2pm

For this month, we will focus on **Gratitude & Education**

Bonding Activities

Day	Dates in December	Description	Time
Sat	14 & 21 Dec	Weekend Wellness Walks ¹	9.30am
Thu	12 Dec	Games Night @ Betsy's ¹	7.30pm
Fri	20 Dec	PSALT Care Christmas Gala Dinner ¹	7pm

Workshops & Coffee Table Chats

Day	Dates in December	Description	Time
Sat	7 Dec	Art Workshop @ Betsy's ¹	2pm

Anonymous Groups

Day	Dates in December	Description	Time
Tue	3, 10, 17, 24 & 31 Dec	Overeaters Anonymous ¹	7pm
Wed	4, 11, 18 & 25 Dec	AI-Anon SG How AI-Anon Works ¹	
Sat	7, 14, 21 & 28 Dec	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.