

CALENDAR OF ACTIVITIES - JANUARY 2025

Peer Support Group Meetings			
Day	Dates in January	Description	Time
Mon	6, 13, 20 & 27 Jan	Eagles Check-in Support Group	11.45am
Tue	7, 14, 21 & 28 Jan	Dandelion DBSA Check-in Support Group	9.30am
Wed	1 & 29 Jan	Eagles Check-in Support Group	12pm
	15 Jan (3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	8 & 22 Jan (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	2, 9, 16, 23 & 30 Jan	Dandelion DBSA Check-in Support Group	3.30pm
Fri	3, 10, 17, 24 & 31 Jan	Eagles Check-in Support Group	12pm
Sat	18 Jan	Resilience Gymers Support Group @ Novena ¹	2pm
For this month, we will focus on Acceptance & Self-Advocacy			
Bonding Activities			
Day	Dates in January	Description	Time
Sat	11 & 18 Jan	Weekend Wellness Walks ¹	9.30am
Tue	7 Jan	Games Night	7.30pm
Workshops & Coffee Table Chats			
Day	Dates in January	Description	Time
Thu	9 Jan	Introduction to the Rise To Wellness – Integrated Wellness Recovery Programme (RTW-I) ¹	8pm
Anonymous Groups			
Day	Dates in January	Description	Time
Tue	7, 14, 21 & 28 Jan	Overeaters Anonymous ¹	7pm
Wed	1, 8, 15, 22 & 29 Jan	Al-Anon SG How Al-Anon Works ¹	
Sat	4, 11, 18 & 25 Jan	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.
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