

CALENDAR OF ACTIVITIES - FEBRUARY 2025

Peer Support Group Meetings

Day	Dates in February	Description	Time
Mon	3, 10, 17, 24 Feb	Eagles Check-in Support Group	11.45am
Tue	4, 11, 18, 25 Feb	Dandelion DBSA Check-in Support Group	9.30am
Wed	5 & 19 Feb (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	12 & 26 Feb (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	6, 13, 20, 27 Feb	Dandelion DBSA Check-in Support Group	3.30pm
	13 Feb	PSALT Care X CPSS Peer Sharing Dialogue ¹	7pm
Fri	7, 14, 21, 28 Feb	Eagles Check-in Support Group	12pm
Sat	22 Feb	Resilience Gymera Support Group @ Novena [#]	2pm

For this month, we will focus on Support & Courage

Bonding Activities

Day	Dates in February	Description	Time
Sat	8 & 22 Feb	Weekend Wellness Walks ¹	9.30am
Fri	7 Feb	Chinese New Year with Food, Friends & Fun @Betsy's ¹	1pm
Tue	11 Feb	Games Night	7.30pm

Workshops & Coffee Table Chats

Day	Dates in February	Description	Time
Fri	7, 14, 21 & 28 Feb	Personal Effectiveness for Successful Living ^{1#}	4pm
Thu	13 Feb	Introduction to the Rise To Wellness – Integrated Wellness Recovery Programme (RTW-I) [#]	8pm
Sat	15 Feb	Art Workshop @ Betsy's ¹	2pm

Anonymous Groups

Day	Dates in February	Description	Time
Tue	4, 11, 18, 25 Feb	Overeaters Anonymous ¹	7pm
Wed	5, 12, 19, 26 Feb	Al-Anon SG How Al-Anon Works ¹	
Sat	1, 8, 15 & 22 Feb	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.