

CALENDAR OF ACTIVITIES - MARCH 2025

Peer Support Group Meetings

Day	Dates in March	Description	Time
Mon	3, 10, 17, 24 & 31 Mar	Eagles Check-in Support Group	11.45am
Tue	4, 11, 18 & 25 Mar	Dandelion DBSA Check-in Support Group	9.30am
Wed	5 & 19 Mar (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	12 & 26 Mar (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	6, 13, 20 & 27 Mar	Dandelion DBSA Check-in Support Group	3.30pm
	27 Mar	PSALT Care X CPSS Peer Sharing Dialogue ¹	7pm
Fri	7, 14, 21 & 28 Mar	Eagles Check-in Support Group	12pm
Sat	22 Mar	Resilience Gymers Support Group @ Novena ^{1#}	2.30pm

For this month, we will focus on Love & Hope

Bonding Activities

Day	Dates in March	Description	Time
Sat	8 & 22 Mar	Weekend Wellness Walks ¹	9.30am
Tue	25 Mar	Games Night @ Betsy's ¹	7.30pm

Workshops & Coffee Table Chats

Day	Dates in March	Description	Time
Fri	7, 14, 21 & 28 Mar	Personal Effectiveness for Successful Living ^{1#}	4.30pm
Fri	21 Mar	Introduction to the Rise To Wellness – Integrated Wellness Recovery Programme (RTW-I) [#]	8pm
Sat	15 Mar	Art Workshop @ Betsy's ¹	2pm

Anonymous Groups

Day	Dates in March	Description	Time
Tue	4, 11, 18 & 25 Mar	Overeaters Anonymous ¹	7pm
Wed	5, 12, 19 & 26 Mar	Al-Anon SG How Al-Anon Works ¹	
Sat	1, 8, 15, 22 & 29 Mar	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
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