

CALENDAR OF ACTIVITIES - MAY 2025

Peer Support Group Meetings

Day	Dates in May	Description	Time
Mon	5, 12, 19 & 26 May	Eagles Check-in Support Group	11.45am
Tue	6, 13, 20 & 27 May	Dandelion DBSA Check-in Support Group	9.30am
Wed	7 & 21 May (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	14 & 28 May (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
Thu	29 May	PSALT Care X CPSS Peer Sharing Dialogue ¹	7pm
	1, 8, 15, 22 & 29 May	Dandelion DBSA Check-in Support Group	3.30pm
Fri	2, 9, 16, 23 & 30 May	Eagles Check-in Support Group	12pm
Sat	31 May	Resilience Gymers Support Group @ Novena ^{1#}	2.30pm

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

Bonding Activities

Day	Dates in May	Description	Time
Sat	10 & 24 May	Weekend Wellness Walks ¹	9.30am
Tue	27 May	Games Night	7.30pm

Workshops & Coffee Table Chats

Day	Dates in May	Description	Time
Fri	23 May	Introduction to the Rise To Wellness – Integrated Wellness Recovery Programme (RTW-I) [#]	8pm
	2, 9, 16, 23 & 30 May	Personal Effectiveness for Successful Living ^{1#}	4pm
Sat	24 May	Art Workshop @ Betsy's ¹	2pm

Anonymous Groups

Day	Dates in May	Description	Time
Tue	6, 13, 20 & 27 May	Overeaters Anonymous ¹	7pm
Wed	7, 14, 21 & 28 May	Al-Anon SG How Al-Anon Works ¹	
Sat	3, 10, 17, 24 & 31 May	Alcoholics Anonymous (Young People's Meeting) ¹	

NOTES:

- Kindly email info@psaltcare.com with your **Name** and **Contact**, or WhatsApp to +65 6205 5538 for enquiries.
- 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.
- 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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