

CALENDAR OF ACTIVITIES - JUNE 2025

Peer Support Group Meetings

Day	Dates in June	Description	Time
Mon	2, 9, 16, 23 & 30 Jun	Eagles Check-in Support Group	11.45am
Tue	3, 10, 17 & 24 Jun	Dandelion DBSA Check-in Support Group	9.30am
Wed	4 & 18 Jun (1 st & 3 rd Wed)	Words of Wisdom (WoW-1) Peer Support Group	7.30pm
	11 & 25 Jun (2 nd & 4 th Wed)	Ways of Wellness (WoW-2) DBSA Peer Support Group	
	25 Jun	PSALT Care X CPSS Peer Sharing Dialogue ¹	7pm
Thu	5, 12, 19 & 26 Jun	Dandelion DBSA Check-in Support Group	3.30pm
Fri	6, 13, 20 & 27 Jun	Eagles Check-in Support Group	12pm
Sat	28 Jun	Resilience Gymers Support Group @ Novena ^{1#}	2.30pm

*For this month, we will focus on **Resilience & Self-advocacy***

Bonding Activities

Day	Dates in June	Description	Time
Sat	14 & 28 Jun	Weekend Wellness Walks ¹	9.30am
Tue	17 Jun	Games Night	7.30pm

Workshops & Coffee Table Chats

Day	Dates in June	Description	Time
Fri	6, 13, 20 & 27 Jun	Personal Effectiveness for Successful Living ^{1#}	4pm
Sat	21 Jun	Art Workshop @ Betsy's ¹	2pm

Anonymous Groups

Day	Dates in June	Description	Time
Tue	3, 10, 17 & 24 Jun	Overeaters Anonymous ¹	7pm
Wed	4, 11, 18 & 25 Jun	AI-Anon SG How AI-Anon Works ¹	
Sat	6, 13, 20 & 27 Jun	Alcoholics Anonymous (Young People's Meeting) ¹	

NOTES:

1. 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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