

# SEPTEMBER 2022 The Royal's Forensic Outpatient groups (with SBC)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Fitness/Weight Room 10 - 11am  Leisure Quest 1:30 - 3pm  Weekly Wellness 1:30 - 3pm Rm 2213a	Brain It On! 2 - 3pm - Rm 3161
5	6	7	8	9
LABOUR DAY No groups	Fitness/Weight Room 10 - 11am  Gymnasium 3 - 4pm  Mood and Anxiety Group 3 - 4:30pm Rm 2568A/B  Social Skills Group 4:30 - 6pm Rm 2568A/B  Adult Interests Group 6 - 7:30pm Rm 2568A/B	Cooking Group 10 - 1pm Rm 3202  Computer Group 1 - 3pm Rm 3205	Fitness/Weight Room 10 - 11am  Leisure Quest 1:30 - 3pm  Weekly Wellness 1:30 - 3pm Rm 2213a	Ten O'Clock Club Rm 2256  Feel Well Sports 1 - 3pm - Hintonburg CC  Brain It On! 2 - 3pm - Rm 3161
12	13	14	15	16
Adult Interests Group 9:00 - 10:30am Rm 2213  Ten O'Clock Club 10 - 10:30am Rm 2256  Creative Connections 10:45am - 12pm Rm 3161  Resilience Group 10:30 - 11:30am Rm 2213  CD Group 11:15am - 12:15pm Rm 2256  Mindfulnaess Nature Walk 1 - 3pm	Ten O'Clock Club Rm 2256  Fitness/Weight Room 10 - 11am  Basketball 3 - 4pm Gym  Mood and Anxiety Group 3 - 4:30pm Rm 2568A/B  Social Skills Group 4:30 - 6:00pm Rm 2568A/B  Adult Interests Group 6 - 7:30pm Rm 2568A/B	Cooking Group 10 - 1pm Rm 3202  Computer Group 1 - 3pm Rm 3205	Ten O'Clock Club Rm 2256  Fitness/Weight Room 10 - 11am  Leisure Quest 1:30 - 3pm  Weekly Wellness 1:30 - 3pm Rm 2213	Ten O'Clock Club Rm 2256  Feel Well Sports 1 - 3pm - Hintonburg CC  Brain It On! 2 - 3pm - Rm 3161

# SEPTEMBER 2022 The Royal's Forensic Outpatient groups (with SBC)

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<b>Adult Interests Group</b> 9:00 - 10:30am Rm 2213  <b>Ten O'Clock Club</b> 10 - 10:30am Rm 2256  <b>Creative Connections</b> 10:45am - 12pm Rm3161  <b>Resilience Group</b> 10:30 - 11:30am Rm 2213  <b>CD Group</b> 11:15am - 12:15pm Rm 2256  <b>Mindfulnaess</b> <b>Nature Walk</b> 1 - 3pm	<b>Ten O'Clock Club</b> Rm 2256  <b>Fitness/Weight Room</b> 10 - 11am  <b>Basketball</b> 3 - 4pm Gym  <b>Mood and Anxiety Group</b> 3 - 4:30pm Rm 2568A/B  <b>Social Skills Group</b> 4:30 - 6:00pm Rm 2568A/B  <b>Adult Interests Group</b> 6 - 7:30pm Rm 2568A/B	<b>Cooking Group</b> 10 - 1pm Rm 3202  <b>Computer Group</b> 1 - 3pm Rm 3205  <b>Creative Spaces</b> 1 - 3pm Ottawa Art Gallery  <b>Weekly Wellness</b> 1:30 - 3pm Rm 2213	<b>Ten O'Clock Club</b> Rm 2256  <b>Fitness/Weight Room</b> 10 - 11am  <b>Leisure Quest</b> 1:30 - 3pm	<b>Ten O'Clock Club</b> Rm 2256  <b>Feel Well Sports</b> 1 - 3pm - Hintonburg CC  <b>Brain It On!</b> 2 - 3pm - Rm 3161
26	27	28	29	30
<b>Adult Interests Group</b> 9:00 - 10:30am Rm 2213  <b>Ten O'Clock Club</b> 10 - 10:30am Rm 2256  <b>Creative Connections</b> 10:45am - 12pm Rm3161  <b>Resilience Group</b> 10:30 - 11:30am Rm 2213  <b>CD Group</b> 11:15am - 12:15pm Rm 2256  <b>Mindfulnaess</b> <b>Nature Walk</b> 1 - 3pm	<b>Ten O'Clock Club</b> Rm 2256  <b>Fitness/Weight Room</b> 10 - 11am  <b>Basketball</b> 3 - 4pm Gym  <b>Mood and Anxiety Group</b> 3 - 4:30pm Rm 2568A/B  <b>Social Skills Group</b> 4:30 - 6:00pm Rm 2568A/B  <b>Adult Interests Group</b> 6 - 7:30pm Rm 2568A/B	<b>Cooking Group</b> 10 - 1pm Rm 3202  <b>Computer Group</b> 1 - 3pm Rm 3205  <b>Creative Spaces</b> 1 - 3pm Ottawa Art Gallery  <b>Weekly Wellness</b> 1:30 - 3pm Rm 2213	<b>Ten O'Clock Club</b> Rm 2256  <b>Fitness/Weight Room</b> 10 - 11am  <b>Leisure Quest</b> 1:30 - 3pm	<b>Ten O'Clock Club</b> Rm 2256  <b>Feel Well Sports</b> 1 - 3pm - Hintonburg CC  <b>Brain It On!</b> 2 - 3pm - Rm 3161

Please tell your doctor or mental health professional if you are interested in a referral to any of these groups **\*\*or\*\*** you may inquire with any of the following group facilitators: