

October



MOSAIC CSP

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	2 11:30-Lunch 12-1-Coffee Outing 1-2- Member Led Dual Dependency Group	3
4	5 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	6 11:15-Lunch 12-1-Peer Support 1-2- Member Meeting 2-3- Peer Support Check Ins	7 11:15-Lunch 12-2-BINGO 1:30- 2:30- Music Therapy	8 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	9 11:15-Lunch 1-2- Member Led Dual Dependency Group	10 11:15-LUNCH 12:00-2:00pm-OPEN ACTIVITIES
11	12 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	13 11:15-Lunch 12-1-Savers Outing 1-2- Nature Based Therapy 2-3- Resource Check Ins	14 11:15-Lunch 12-1-Self-Care Group 1:30- 2:30- Music Therapy	15 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	16 11:15-Lunch 12-1-Karoake 1-2- Member Led Dual Dependency Group	17
18	19 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	20 11:15-Lunch 12-1-Peer Support 1-3- Game Room	21 11:15-Lunch 12-1-Self-Care Group 1:30- 2:30- Music Therapy	22 11:15-Lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	23 11:15-Lunch 12-1-Journaling 1-2- Member Led Dual Dependency Group	24
25	26 11:15-Lunch 12-1-Stress Management 1-3-Art Therapy	27 11:15-Lunch 12-1- Gratitude Jars 1-2- Nature Based Therapy 2-3- Peer Support Check Ins	28 11:15-Lunch 12-1-Self Care Group 1:30- 2:30- Music Therapy	29 11:15-lunch 12-1-Peer Support 1-2-Arts & Crafts 2-3- Game Room	30 11:15-Lunch 12-3:30- Harvest Party	

OPEN EVERY SECOND SATURDAY OF EACH MONTH, 10:00am to 2:00pm!