

What's Happening This Month?

What Next! Peer Support/Drop In Centre
3701 Chesswood Drive, Suite 208
North York, Ontario M3J 2P6
(416) 449-4555

www.whatnextdropin.ca

PLEASE BE AWARE THAT THE HOURS AT WHAT NEXT HAVE CHANGED.

New Hours: Monday 10:00 a.m. to 5:00 p.m. . Wednesdays Closed

Tuesday, Thursday and Friday - 12:00 noon to 7:00 p.m.



“February”

To become a What Next! Member, please call to arrange an orientation.

Staff Extensions: General 0 Biagio 221 - Chantalle . 223 - Mohamed . 224, Dorothy - 222 & Kate 225

(Ontario Common Assessment Needs) with Chantalle. Every month we block time to explain and allow an opportunity for you to complete your OCAN

February 2012 - What Next! Calendar of Events

MONDAY	TUESDAY	THURSDAY	FRIDAY
		<p>2 1:00-2:00pm Inspiration Group with Karen 2:15 – 3:15pm Quilting with Karen 3:30-5:00pm Men's Group</p>	<p>3 <u>Black History Month Celebration</u> 12:00 -3:00pm Euchre/Games 2pm 4:00pm <u>Black History Month Celebration with Mohamed</u> 4:00 -7:00pm Movie: The Help</p>
<p>6 1:30 - 3:00pm Monday Afternoon Discussion Group (Bring a favourite cultural to share and discuss). 2:30 - 4:30pm Scrap booking 3:30 - 4:15pm Walking Group with Gabriel</p>	<p>7 12:30-1:30pm Birthday Cake Celebration for all February Birthdays 2:00- 3:30pm Women's Group (Self love colleagues) 4:00 –6:00pm *WRAP Group</p>	<p>9 1:00 - 2:00pm Volunteers meeting 2:00 – 3:30pm OCAN /video and Assessment 4:30 - 6:30pm * What's Jammn' Orientation with learning to play music, and singing.</p>	<p>10 What Next! Closed Due to Staff Training.</p>
<p>13 1:30 - 3:00pm Monday Afternoon Discussion Group 2:30 - 4:30pm Scrap booking 3:30 - 4:15pm Walking Group with Gabriel</p>	<p>14 <u>Valentines Day</u> Cupcake decorating for Valentines Let's Treat ourselves. 1:30-2:30pm **Money & Savings Group 4:00 –6:00pm *WRAP Group</p>	<p>16 1:30 – 3:00pm Film Screening & Discussion /Documentary (Black History Month 3:30-5:00pm Men's Group 3:00 - 5:00pm *Bowling with David.</p>	<p>17 <u>African Dish by Ernestina</u> 12:00 – 3:00pm *Healthy Living: Lunch & Walk(Sign Up Required) 3:00pm Euchre/Games 4:00 -7:00pm Movie: Real Steel</p>
<p>20 What Next! Closed Family Day  Spend time with Peers/family</p>	<p>21 <u>Shrove: Pancake Tuesday</u> Fundraiser \$1 for yummy pancakes and coffee.....See you at 12:30pm. 2:30 – 3:30pm Relaxation with Chantalle 4:00 –6:00pm *WRAP Group</p>	<p>23 2:00 – 3:30pm OCAN /video and Assessment 4:30 - 6:30pm * What's Jammn' Learning to play music, and singing.</p>	<p>24 1:00 - 2:00pm Volunteers meeting 1:00 - 3:00pm Euchre/Games 4:00 -7:00pm Movie: In Time</p>
<p>27 1:30 - 3:00pm Monday Afternoon Discussion Group 2:30 - 4:30pm Scrap booking 3:30 - 4:15pm Walking Group with Gabriel</p>	<p>28 12:00-1:00pm Coffee Club 1:00-2:00pm **Money & Saving with Biagio 2:00- 3:30pm Women's Group 4:00 –6:00pm *WRAP Group</p>		

If you, Have any questions and need further details about our scheduled event please Call ☺

Art

Let's creative.... On going Art projects with peers and staff.

Bingo (Members)

Come play Bingo with us. Prizes

***Bowling** Bowlerama (33 Samour rd.)Playtime Bowl. Off Dufferin.

Enjoy bowling with friends for a cost of \$3 per person. (Sign up required) Please see David M.

.Coffee Club (Everyone)

Every last Tuesday of the month, we will have coffee, bagels, muffins, and fruit. We can enjoy the opportunity to socialize and enjoy each others' company.

Euchre (Members)

Play a game of Euchre with our dedicated card players.

***Healthy Living: Lunch & Walk**

Prepare and enjoy an affordable, healthy lunch followed by a short walk., We will be making a variety of dishes from different cultures, This is meat and Vegetarian-friendly

***Mind, Body & Sole**

Please Sign up.(Kate & Chantalle)

Please join Please join us in exploring healthier

choices and opportunities for our wellness.

***Ladies Night!**

Self-explanatory: jewelry, manicures, romantic movie, hot chocolate, pampering and women's time to talk.

Men's Group (Mohamed)

Various topics are chosen by the Men's group.

Music Appreciation (Mohamed or Biagio)

Bring in your favorite CD's, cassettes or musical

talent to share and discuss in a group.

Music Jam Session (Everyone)

Limited instruments provided, but bring yours too!

(We have a house acoustic and electric guitar for our

Member's to also enjoy)

***Wellness Recovery Action Plan (WRAP)**

February Registration

Members create a personal plan to keep themselves

healthy and well in an 8-week closed peer group.

Call to be put on a waiting list for the next group.

.Women's Group (Chantalle)

Join us to discuss structured topics that women

can discuss in the privacy of a group(Self-esteem)

Inspiration group (Karen)

An opportunity to discuss inspirational and affirming quotes for a positive group discussion

Ping Pong (Tournaments)

A Thank you to Candain Tire for donating a ping

pong table to What Next! to help us promote staying

active during the winter months and play a friendly

game of ping pong.

***Quilting(Karen)**

*Sign up Required (limit of 6) We will be creating

a beautiful quilt by designing our own square for

a Quilt to hang for What Next! made by What Next members.

***OCAN**

Ontario Common Assessment of Needs

*IF you **do not** have a case manager we invite you to learn and complete your OC AN. Your voice and your needs will be heard to assist in your wellness of mental health and quality of lif*

***Money & Savings** (Biagio)

Learning to budget on a fixed income and saving money.

