

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Fitness/Weight Room 10 - 11am	Brain It On! 2 - 3pm - Rm 3161
			Leisure Quest 1:30 - 3pm	
			Weekly Wellness 1:30 - 3pm Rm 2213a	
5	6	7	8	9
LABOUR DAY No groups	Fitness/Weight Room 10 - 11am	Cooking Group 10 -1pm	Fitness/Weight Room 10 - 11am	Ten O'Clock Club Rm 2256
	<b>Gymnasium</b> 3 -4pm	Rm 3202  Computer Group	Leisure Quest 1:30 - 3pm	Feel Well Sports 1 - 3pm - Hintonburg CC
	Mood and Anxiety Group 3 - 4:30pm Rm 2568A/B	1 - 3pm Rm 3205	Weekly Wellness 1:30 - 3pm Rm 2213a	<b>Brain It On!</b> 2 - 3pm - Rm 3161
	Social Skills Group			
	4:30 - 6pm Rm 2568A/B			

Adult Interests Group
9:00 -10:30am
Rm 2213
Ton O/Clask Club

10 - 10:30am Rm 2256

**Creative Connections** 10:45am - 12pm Rm3161

**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!

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

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

**Creative Spaces** 

Ottawa Art Gallery

**Weekly Wellness** 

1 - 3pm

1:30 - 3pm

Rm 2213

**Creative Connections** 

10:45am - 12pm

**Resilience Group** 

10:30 - 11:30am

11:15am - 12:15pm

Rm3161

Rm 2213

CD Group

Rm 2256

Mindfulnaess

Nature Walk 1 - 3pm Gym

3 - 4:30pm

Rm 2568A/B

4:30 - 6:00pm Rm 2568A/B

6 - 7:30pm

Rm 2568A/B

**Social Skills Group** 

**Adult Interests Group** 

**Mood and Anxiety Group**