
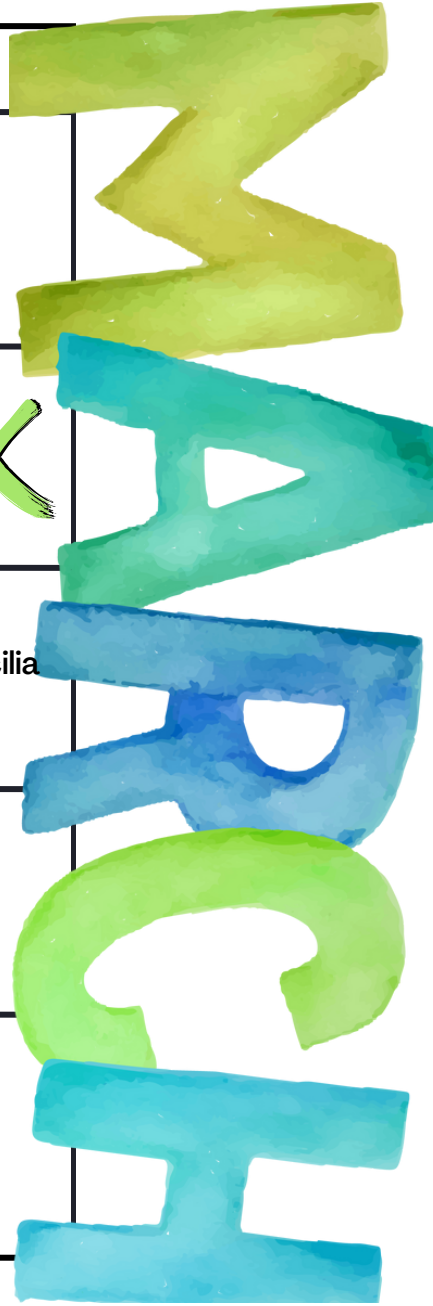


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	Cross Stitch 9-12 Ergon's Giant flower of feelings 1-3	2	Life Skills 1-3 (Social Skills)
6	7	8	9	10
CLOSED FOR MARCH BREAK				
13	14	15	16	17
Open Art Room 1-3	Life Skills (Social Skills) 1-3	Cross Stitch 9-12 Diamond Painting 1-3	Support Group (Loss) 1-3	Painting with Cecilia 1-3
20	21	22	23	24
Cross Stitch 9-12	Life Skills (Social Skills) 1-3	Cross Stitch 9-12 Fidget Craft 1-3	Life Skills 1-3 (Hypervigilance)	Origami 1-3
27	28	29	30	31
Mindfulness Colouring 1-3	Life Skills 1-3 (Body Language)	Cross Stitch 9-12 Diamond Painting 1-3	Road of Recovery 1-3	Cooking Club 1-3



Sign up for activities

Calling: 857.0014

Emailing: hello@ergoninc.ca

Commenting on 

Online Members Portal

my.powerdiary.com/clientportal/ergonlifecentre

Don't forget to sign up to our PRIVATE Facebook group, just for members.

M.I.N.D Members

If you provide us with an email address, we can send you reminders of activities you signed up for.

M.I.N.D

My Mind. My Move.