

February 2026



CHH

January '26							March '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Relapse & Prevention Workshop Topic: Whats Working 12:00-1:30PM	4 Dollarama 9225 County Rd. 93 12:00-1:30PM Prep for Kitchen Remedies	5	6 Kitchen Remedies: TBA 12:30-1:30	7
8	9	10 Relapse & Prevention Workshop Topic: Emotions without Judgement 12:00-1:30PM	11 Dollarama 9225 County Rd. 93 12:00-1:30PM Prep for Kitchen Remedies	12	13 Kitchen Remedies: Heart Shaped Pizza 12:30-1:30	14
15	16	17 Relapse & Prevention Workshop Topic: Urges and Cravings 12:00-1:30PM	18 Spaghetti Social CHH Room 1501 11:00-1:00PM	19	20 Kitchen Remedies: TBA 12:30-1:30	21
22	23	24 Relapse & Prevention Workshop Topic: One Small Goal 12:00-1:30PM	25 Fire Station Tour 550 Bayshore Dr. Midland 12:45-2:00PM	26	27 Kitchen Remedies: Macaroni Salad 12:30-1:30	28
1	2	3	4	5	6	7
8	9	Notes To sign up for an activity or group you can reach us at 705-526-4569				