

March 2025

Intrepid Program
330 Second Avenue
Timmins, ON P4N 8A4 705-267-8100 x2225

Monday	Tuesday	Wednesday	Thursday	Friday	
03	04	05	06	07	
Coffee Break: Time Management 1pm-3.30pm	Social Skills: Games 9am-11.30am Coping Skills: Hot Topic 1pm-3.30pm	*Young Adult Group 1pm-3.30pm	Social Skills: Board Games 9am-11.30am *Peer Educational Group 1.15pm-3pm	*Adult Swim 11.45am-1pm Peer Corner 1pm-3.30pm	*- These programs are closed groups and require registration. Call 705-267-8100 ext. 2225 or 2239
10	11	12	13	14	*Young Adult Group 16-35yrs
*Young @ Heart 55+ 9.30am-11.30 am Mindful Monday: Meditation 1pm-3.30pm	Button Art 9am-11.30 am *Baking Cookies (Green) 1pm-3.30pm	Paper Quilling 1pm-3.30pm	*Cedar Residence 9am-11.30 am *Peer Educational Group 1.15pm-3pm	*Adult Swim 11.45am-1pm Peer Corner 1pm-3.30pm	*Young @ Heart 55+ Referral Required
17	18	19	20	21	*Adult Swim at the Archie Dillon Sportsplex No facilitator available
St. Patrick's day activities DRESS IN GREEN 1pm-3.30pm	Social Skills: Cards 9am-11.30am Coping Skills: Hot Topic 1pm-3.30pm	*Young Adult Group 1pm-3.30pm	Social Skills: Board Games 9am-11.30am *Peer Educational Group 1.15pm-3pm	*Adult Swim 11.45am-1pm Peer Corner 1pm-3.30pm	*Peer Led Educational Groups Must be signed up
24	25	26	27	28	*Cedar Residence Intrepid Place is closed
*Young @ Heart 55+ 9.30am-11.30am Mindful Monday: Coloring 1pm-3.30pm	Card Making 9am-11.30am Paper Mache: Masks and/or bowls 1pm-3.30pm	Self Care: Movie and Snacks 1pm-3.30pm	*Cedar Residence 9am-11.30 am *Peer Educational Group 1.15pm-3pm	*Adult Swim 11.45am-1pm Peer Corner 1pm-3.30pm	*Baking cookies Sign up (10 max)
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Coffee Break: Overcoming Fear 1pm-3.30pm					