

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Dual Recovery Anonymous Meeting 2-3pm</p>	<p>3</p> <p>Line Dancing 2:00pm-3:00pm (Large Community Room at 10 Pearl Street North)</p> <p>Getting Housing in Hamilton (Housing Lists, Identification) ~ 2:00pm</p> <p>Spoon &amp; Fork (Collective Kitchen Group) 4:00-6:00pm Please call Cathy to register</p>	<p>4</p> <p>Foot care Appointments</p> <p>Women's Wellness Group 10:00am-12:00pm St. Andrew's United Church 479 Upper Paradise Rd</p> <p>Knitting Group 1:00-3:00pm</p> <p>Women's Social 4:00-5:30pm Paper Flower Vase</p> <p>Women's Weekly 5:30-7:30pm Trauma and the Impact on the Brain (Guest Speaker)</p>	<p>5</p> <p>Singin' Women 6:30pm-8:30pm 10 Pearl Street North (Back Entrance)</p> <p>Zumba 7:00pm-8:00pm</p>	<p>6</p> <p>Stoke Fitness at Women's Services for 11:15-12:15pm</p> <p>Tai Chi 1:30-2:15pm</p>
<p>9</p> <p>Stoke Fitness meet at Women's Services for 9:45am Class will be from 10:30-11:30am (Offsite)</p> <p>Dual Recovery Anonymous Meeting 2-3pm</p> <p>Zine Workshop 4:00-5:30pm</p>	<p>10</p> <p>Line Dancing 2:00pm-3:00pm (Large Community Room at 10 Pearl Street North)</p> <p>Getting Housing in Hamilton (Starting the Housing Search) ~ 2:00pm</p> <p>Golden Girls 4:00pm-5:30pm</p>	<p>11</p> <p>Foot care Appointments</p> <p>Women's Wellness Group 10:00am-12:00pm St. Andrew's United Church 479 Upper Paradise Rd</p> <p>Knitting Group 1:00-3:00pm</p> <p>Women's Weekly 5:30-7:30pm Impact of Abuse and Trust</p>	<p>12</p> <p>Women's Services Day at the Venture Centre Please register by Monday April 9<sup>th</sup> with Paula</p> <p>Singin' Women 6:30pm-8:00pm 10 Pearl Street North (Back Entrance)</p> <p>Zumba 7:00pm-8:00pm</p>	<p>13</p> <p>Osteopath Appointments</p> <p>PiYo 10:00 am -11:00am</p> <p>Stoke Fitness at Women's Services for 11:15-12:15pm</p> <p>Cupcakes with Anita 1:30-2:30pm</p>
<p>16</p> <p>Stoke Fitness meet at Women's Services for 9:45am Class will be from 10:30-11:30am (Offsite)</p> <p>Dual Recovery Anonymous Meeting 2-3pm</p> <p>Zine Workshop 4:00-5:30pm</p>	<p>17</p> <p>Line Dancing 2:00pm-3:00pm (Large Community Room at 10 Pearl Street North)</p> <p>Massage Appointments</p> <p>Getting Housing in Hamilton (Asking the Right Questions) ~ 2:00pm</p> <p>Spoon &amp; Fork (Collective Kitchen Group) 4:00-6:00pm Please call Cathy to register</p>	<p>18</p> <p>Foot care Appointments</p> <p>Women's Wellness Group 10:00am-12:00pm St. Andrew's United Church 479 Upper Paradise Rd</p> <p>Knitting Group 1:00-3:00pm</p> <p>Women's Weekly 5:30-7:30pm Sexual Violence (Guest Speaker)</p>	<p>19</p> <p>The Mindful Way A Mindfulness Workshop 1:30-2:30pm</p> <p>Family Dinner at N2N ~Please RSVP by Friday March 12<sup>th</sup> Please arrive at 4:30pm (Dinner from 5:30-6:30pm)</p> <p>Singin' Women 6:30pm-8:00pm 10 Pearl Street North (Back Entrance)</p> <p>Zumba 7:00pm-8:00pm</p>	<p>20</p> <p>Osteopath Appointments</p> <p>PiYo 10:00 am -11:00am</p> <p>Stoke Fitness at Women's Services for 11:15-12:15pm</p>
<p>23</p> <p>Stoke Fitness meet at Women's Services for 9:45am Class will be from 10:30-11:30am (Offsite)</p> <p>Dual Recovery Anonymous Meeting 2-3pm</p> <p>Zine Workshop 4:00-5:30pm</p>	<p>24</p> <p>Line Dancing 2:00pm-3:00pm (Large Community Room at 10 Pearl Street North)</p> <p>Massage Appointments</p> <p>Getting Housing in Hamilton (Knowing Your Rights) ~ 2:00pm</p> <p>Golden Girls 4:00pm-5:30pm</p>	<p>25</p> <p>Foot care Appointments</p> <p>Women's Wellness Group 10:00am-12:00pm St. Andrew's United Church 479 Upper Paradise Rd</p> <p>Knitting Group 1:00-3:00pm</p> <p>Women's Weekly 5:30-7:30pm Women's Anger</p>	<p>26</p> <p>The Mindful Way A Mindfulness Workshop ~ 1:30-2:30pm</p> <p>Singin' Women 6:30pm-8:30pm 10 Pearl Street North (Back Entrance)</p> <p>Zumba 7:00pm-8:00pm</p>	<p>27</p> <p>Stoke Fitness at Women's Services for 11:15-12:15pm</p> <p>Tai Chi 1:30-2:15pm</p>
<p>30</p> <p>Stoke Fitness meet at Women's Services for 9:45am Class will be from 10:30-11:30am (Offsite)</p> <p>Dual Recovery Anonymous Meeting 2-3pm</p> <p>Zine Workshop 4:00-5:30pm</p>				

**Good Shepherd Women's Services Wellness Programs**

**Knitting Group** – Weekly Knitting and Crocheting Group. Come and learn how to knit or crochet or join others who already know how.

**Women's Social** is a group run once a month and is an engaging interactive group with crafts, discussion and enjoyment.

**Singin' Women** is a Women's Choir that meets at 10 Pearl Street North (back entrance) on Thursday evenings from 6:30pm-8:30pm.

**Yoga** a gentle exercise including breath control, simple meditation, and the adoption of specific bodily postures.

**Stoke Fitness** – a fitness class to build on inner strength, physical fitness

**Dual Recovery Anonymous** - is an independent, non-professional, 12 Step, self-help fellowship (women identified only)

**Mindfulness** –a form of relaxation that focuses awareness on breathing

**Massage** – is offered by appointment. Please call to have your name added to the waitlist

**Spoon & Fork** – is a collective kitchen group where women come together to create a meal to share. Please register with Cathy to be able to attend.

**Zumba** - involves dance and aerobic movements performed to energetic music.

**Osteopath** - is a type of alternative medicine that emphasizes manual readjustments, myofascial release and other physical manipulation of muscle tissue and bones. Offered by appointment

**Golden Girls** – Is a social and informative group for women in their "Golden Years". This group is open to all women 55 plus.

**Tai Chi** -Chinese martial art practiced for both its defense training and its health benefits.



*Good Shepherd Community Support Services  
Zine Workshop "THRIVER"  
"Women's HOMELESSNESS"*

*Monday April 9, 16, 23, 30  
~4:00pm-5:30pm ~*



*The Mindful way  
A Mindfulness Workshop  
Join us Thursday Afternoons  
From 1:30-2:30pm*



Please be aware that when attending  
Wellness Scheduled Appointments  
(Massage, haircuts, Osteopath)  
If you are 15 minutes late for your appointment,  
the appointment will be cancelled.  
If you have any questions please feel free to contact Paula at ext 4232

**Aqua Fit at the YWCA**

If you are interested in accessing the  
YWCA Aqua Fit Program please  
connect with Cathy to discuss further

905-523-8766 ext 4237

**Women's Wellness Group**  
At St. Andrew's United Church  
479 Upper Paradise Road  
10:00am-12:00pm  
Come and join us and check it  
out!



**Tax Clinics at Community Support Services for Women and Children**  
Please contact Paula to book an appointment 905-523-8766 ext 4232



Good Shepherd Women's Services  
Wellness Program Calendar  
30 Pearl Street North  
Contact: Paula & Cathy  
905-523-8766 ext 4232/4237  
[wellness@gsch.ca](mailto:wellness@gsch.ca)  
Follow US on Twitter: @GSWSWellness