



LCA Cottage Weekly Groups

MOVEMENT AND MUSIC: Inject fun into your life with this fast-paced and entertaining group that gets the blood moving.

MED MANAGEMENT: A community nurse provides valuable information on members's specific medications.

HEALTHY LIFESTYLES: Covers a variety of health related topics that are all linked to positive mental wellbeing.

IMR: Illness Management and Recovery modules are covered in detail. Example: practical facts about depression.

WRAP: Along with weekly presentations, assistance and guidance is provided for the Wellness Recovery Action Plan workbook.

ALG: Brainstorming sessions where ideas are presented by Cottage members for the betterment of the LCA community.

ART: New projects are presented each week that help flex members's creative muscle and inspire their imaginations.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM				WRAP	
11:00AM - 12:00PM		Healthy Lifestyles		Art or ALG (rotating schedule)	
12:00PM - 1:00PM					
1:00PM - 2:00PM	Movement and Music				
2:00PM - 3:00PM					
3:00PM - 4:00PM			IMR		
4:00PM - 5:00PM			Med Management (one day)		