

# APRIL 2025



**Catholic Charities**  
of Cortland County

CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

## Wishing Wellness Center

24 Church St. Cortland, NY 13045  
Phone: (607) 756-5992 Ext 170  
Hours: M-F: 8:30a-4:00 pm  
By Appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 Open Peer Engagement</b> 9a-12p,1p-3p	<b>2 Peer Wellness Workgroup</b> 130p-330p	<b>3 Open Peer Engagement</b> 9a-12p,1p-3p	<b>4 Movie Day</b> 130pm-330pm	<b>5</b>
<b>6</b>	<b>7 By Appointment</b>	<b>8 Open Peer Engagement</b> 9a-12p,1p-3p	<b>9 Peer Wellness Workgroup</b> 130p-330p	<b>10 Open Peer Engagement</b> 9a-12p,1p-3p	<b>11 Open Peer Support</b> 130pm-330pm	<b>12</b>
<b>13</b>	<b>14 By Appointment</b>	<b>15 Open Peer Engagement</b> 9a-12p,1p-3p	<b>16 Peer Wellness Workgroup</b> 130p-330p	<b>17 Open Peer Engagement</b> 9a-12p,1p-3p	<b>18 Good Friday!</b> <b>NO STAFF</b>	<b>19</b>
<b>20 Happy Easter</b>	<b>21 By Appointment</b>	<b>22 Open Peer Engagement</b> 9a-12p,1p-3p	<b>23 Peer Wellness Workgroup</b> 130p-330p	<b>24 Open Peer Engagement</b> <b>10a-12p,1p-3p</b>	<b>25 Game Day</b> 130pm-330pm	<b>26</b>
<b>27</b>	<b>28 By Appointment</b>	<b>29 Open Peer Engagement</b> 9a-12p,1p-3p	<b>30 Peer Wellness Workgroup</b>			



Anytime during our “Open Peer Engagement” hours, is a great time to socialize with other participants or to speak with peer staff to learn more about our services.

Every Wednesday throughout the month, we will be holding a “Peer Wellness Workgroup” from 2pm-3pm. These are groups designed to help work towards and maintain a healthy & positive lifestyle. Anyone is welcome to join our groups.

#### April Workgroups

4/2- Recognizing the good

4/9- Creating your vision board

4/16- Mind Mapping

4/23- Planting for Earth Day!

4/30- PAWS CNY– National Therapy Animal Day



The Wishing Wellness Center will be open every Friday afternoon from 1:30pm-3:30pm. Every other Friday will be either a movie day or a game day.

A peer staff member is present every Wednesday at “Grace Space” from 11am-1pm to discuss services that are offered within Catholic Charities and can assist with completing referrals for any of those services.

**\*\* If you find yourself in immediate need of support during a time frame that our doors may not be open, please ring our doorbell. There is almost always a staff member on the premises unless otherwise noted!\*\***

