

SEPTEMBER 2022



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

Hours: Mon: 8:30a-4:00 pm
By phone or Appointment Only

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Open Hours 1:30pm-3:30pm	1 Chalk the Walk #SpeakupCortland	2 Peers @ The Library 10am-11:30am	3
4	5 	6	7 Open Hours 1:30pm-3:30pm	8	9 Peers @ The Library 1:30pm-3pm	10
11	12	13 Zoo Trip 9am-3pm 	14 Open Hours 1:30pm-3:30pm	15 Peers @ The Library 10am-11:30am	16 Narcan Training 1:30pm-3:30pm 	17
18	19 	20	21 Open Hours 1:30pm-3:30pm 	22 	23 Peers @ The Library 10am-11:30am	24
25 	26 Peers @ The Library 1:30pm-3:00pm	27	28 Open Hours 1:30pm-3:30pm	29	30 Narcan Training 1:30pm-3:30pm 	



September 1st– Stop by the Wellness Center throughout the day to help “Chalk the Walk” with positive messages in support of Suicide Prevention Awareness month.

Every Wednesday in September Peer staff welcomes all community members to stop by the Wellness Center for coffee and conversation from 1:30pm-3:30pm.

Want to learn how you could potentially save a life? Stop by the Wellness center on September 16th or 30th between 1:30pm & 3:30pm to become trained to administer Narcan . After completion of the brief training you will be supplied with your own Narcan kit.

Come see Peer staff throughout the month at the Cortland Free Library to learn more about our services, and how we can help you on your path to wellness.

Fans of the zoo? On September 13th peer staff will be escorting our engaged cliental on a trip to The Rosamond Gifford Zoo! Space will be limited, interested persons will need to be signed up by September 9th in order to have a seat saved. Please bring a bagged lunch with you.

