

# FEBRUARY 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
						1
2	3 By Appointment	4 Open Peer Engagement 9a-12p, 1p-3p	5 Peer Wellness Workgroup 130p-330p	6 Open Peer Engagement 9a-12p, 1p-3p	7 Movie Day 1:30pm-3:30pm	8
9	10 By Appointment	11 Open Peer Engagement 9a-12p, 1p-3p	12 Peer Wellness Workgroup 130p-330p	13 Open Peer Engagement 9a-12p, 1p-3p	14 Open Peer Support 1:30pm-3:30pm	15
16	17 AGENCY CLOSED	18 Open Peer Engagement 9a-12p, 1p-3p	19 Peer Wellness Workgroup 130p-330p	20 Open Peer Engagement 9a-12p, 1p-3p	21 Game Day 1:30pm-3:30pm	22
23	24 By Appointment	25 Open Peer Engagement 9a-12p, 1p-3p	26 Peer Wellness Workgroup 130p-330p	27 Open Peer Engagement 9a-12p, 1p-3p	28 Open Peer Support 1:30pm-3:30pm	



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.

Since Valentine’s day is this month, we are focusing on “self-love” all month long!

#### February Workgroups

2/5– Positive Self-Talk

2/12– Self-Love Affirmations

2/19– Filling your cup with Positivity

2/26– Journaling for Self-Love

Starting this month, 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!\*\***

