

May 2026



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 132

Open Hours: Monday—Thursday 1-4 PM



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Recovery With Alison 2PM	5 “Let Them” 2PM	6 Window Art- Breaking the Stigma 2PM	7 Open Conversations 2PM	8	9
10	11 Music As A Tool 2PM	12 Understanding Personal Boundaries 2PM	13 Self-Care Jars 2PM	14 Mental Health Bingo 2PM	15	16
17	18 Recovery With Alison 2PM	19 Walk and Talk 2PM	20 Presentation: Mobility Management	21 Closed (Peers At Training AND MHA Walk)	22	23
24	25 Closed Memorial Day	26 Paint A Flower 2PM	27 Pizza And A Movie “Inside Out” 2PM	28 Movie Wrap Up and Discussion “Inside Out” 2PM	29	30

The Wishing Well-ness Center is open for drop-in and groups Monday through Thursday in the afternoon. At other times the staff are working hard at other locations in the community, as well as with enrolled clients. If you are interested in working with a peer staff member one on one, please let staff know. They will assist you with completing a referral for individual services.

3131

Daily Groups

A group will be offered 2-3PM each day during Open Hours. The groups are designed to help work towards, and maintain a healthy & positive lifestyle. All are welcome to join. Please let us know if you have any suggestions for groups you would like to see offered.



**Special Provider Presentation:
*Mobility Management—Understanding the buses and Centro
Wednesday, May 20th at 2PM***

Open Hours: Monday—Thursday 1 - 4PM

Stop in and see what peer support is all about.