

# JANUARY 2025



**Catholic Charities**  
of Cortland County

CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

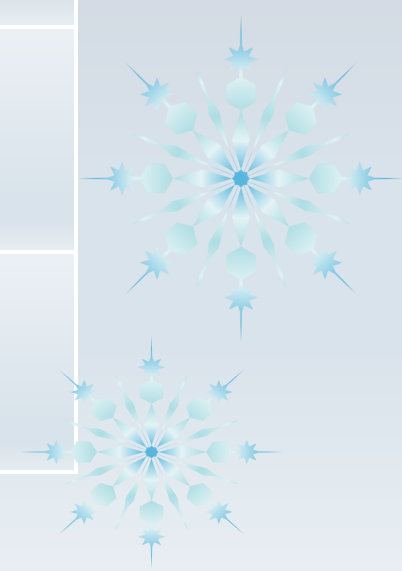
## Wishing Wellness Center

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</b> Happy New Year!!  <b>Agency Closed</b>	<b>2</b> Open Peer Engagement 9-12p & 1-3p	<b>3</b> By Appointment	<b>4</b>
<b>5</b>	<b>6</b> By Appointment	<b>7</b> Open Peer Engagement 9-12p & 1-3p	<b>8</b> Peer Wellness Workgroup 130p-330p	<b>9</b> Open Peer Engagement 9-12p & 1-3p	<b>10</b> By Appointment	<b>11</b>
<b>12</b>	<b>13</b> By Appointment	<b>14</b> Open Peer Engagement 9-12p & 1-3p	<b>15</b> Peer Wellness Workgroup 130p-330p	<b>16</b> Open Peer Engagement 9-12p & 1-3p	<b>17</b> By Appointment	<b>18</b>
<b>19</b>	<b>20</b> Agency Closed	<b>21</b> Open Peer Engagement 9-12p & 1-3p	<b>22</b> Peer Wellness Workgroup 130p-330p	<b>23</b> Open Peer Engagement 9-12p & 1-3p	<b>24</b> By Appointment	<b>25</b>
<b>26</b>	<b>27</b> By Appointment	<b>28</b> Open Peer Engagement 9-12p & 1-3p	<b>29</b> Peer Wellness Workgroup 130p-330p	<b>30</b> Open Peer Engagement 9-12p & 1-3p	<b>31</b> By Appointment	





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”. These are groups designed to help work towards and maintain a healthy & positive lifestyle. Anyone is welcome to join our groups.

#### January Workgroups

- 1/8– Goal Setting using SMART goals
- 1/15– Utilizing a strength-based perspective
- 1/22– Guided art therapy
- 1/29- Learning self-compassion

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.

