

NOV 2024

WISHING WELLNESS CENTER

24 Church St. Cortland, NY 13045

(607)756-5992 Ext 170



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1 Appointment Only	2
3	4 Appointment Only	5 Open Hour 9a-12p 1p-3p Election Day	6 Workgroup 130p-330p	7 Open Hour 9a-12p 1p-3p	8 Appointment Only	9
10	11 Appointment Only	12 Open Hour 9a-12p 1p-3p	13 Workgroup 130p-330p	14 Open Hour 9a-12p 1p-3p	15 Appointment Only	16
17	18 Appointment Only	19 Open Hour 9a-12p 1p-3p	20 Workgroup 130p-330p	21 Open Hour 9a-12p 1p-3p	22 Appointment Only	23
24	25 Appointment Only	26 Open Hour 9a-12p 1p-3p	27 Workgroup 130p-330p	28 Happy Thanksgiving!!	29 Agency Closed	30

Hours: M-F
8:30am-4:00pm
By Appointment

Closed Daily-12pm-1pm



CARING FOR OUR COMMUNITY ONE PERSON AT A TIME



Anytime during our open engagement hours is a great time to socialize with other participants or to speak with peer staff to learn about our services.

Every Wednesday afternoon throughout the month, we will be holding different workgroups that will be focused around learning a life skill or maintaining positive mental health.

A peer staff member will also be present at Grace Space every Wednesday from 11am-1pm to discuss the services offered within Catholic Charities and can assist with completing referrals for any of those services.

“Did you Know... Peer Support offers a level of

acceptance, understanding and validation that is not often found in many other professional relationships.

