

# DECEMBER 2025



**Catholic Charities**  
of Cortland County

CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

## Wishing Wellness Center

24 Church St. Cortland, NY 13045

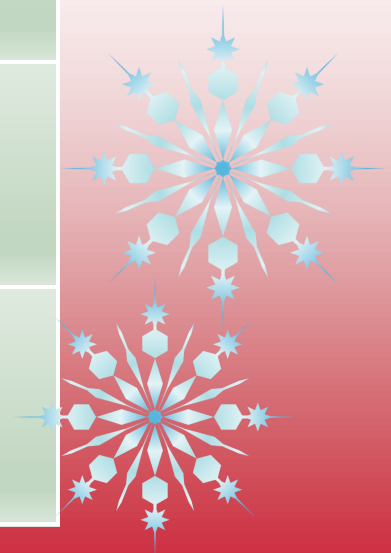
Phone: (607) 756-5992 Ext 170

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 By Appointment Only	2 Open Engagement 9am-12pm 1pm-3pm	3 Open Engagement 9am-12pm 1pm-3pm Group 2p-3p	4 Open Engagement 9am-12pm 1pm-3pm	5 By Appointment Only	6
7	8 By Appointment Only	9 Open Engagement 9am-12pm 1pm-3pm	10 Open Engagement 9am-12pm 1pm-3pm Group 2p-3p	11 Open Engagement 9am-12pm 1pm-3pm	12 By Appointment Only	13
14	15 By Appointment Only	16 Open Engagement 9am-12pm 1pm-3pm	17 Open Engagement 9am-12pm 1pm-3pm <b>Luncheon 1p-</b>	18 Open Engagement 9am-12pm 1pm-3pm	19 By Appointment Only	20
21	22 By Appointment Only	23 Open Engagement 9am-12pm 1pm-3pm	24 Open Engagement 9am-12pm 1pm-3pm Group 2p-3p	25 <b>HAPPY HOLIDAYS!!!</b>	26 Agency closed	27
28	29 By Appointment Only	30 Open Engagement 9am-12pm 1pm-3pm	31 Open Engagement 9am-12pm 1pm-3pm Group 2p-3p			



It's OK to get help



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.



### December Workgroups

- 12/3— Holiday Craft
- 12/10— Coping with grief
- 12/17— Holiday Luncheon
- 12/24— Holiday Movie
- 12/31— New Year Resolutions for a better you

