

July 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 Open Conversations 2PM	2 Mental Health Bingo 2PM	3 Agency Closed	
5	6 Where Do You Go? 2PM	7 Recovery With Allison 2PM	8 Budgeting 101 2PM	9 Walking and Talking 2PM	10	11
12	13 Meet the New Supervisor! 2PM	14 Self Care 2PM	15 Guest Group Presenter 2PM	16 Effective Communication 2 PM	17	18
19	20 Game Day 2PM	21 Recovery With Allison 2PM	22 Benefits of Breathwork 2PM	23 Center Closed Staff Training	24	25
26	27 Problem Solving 2PM	28 Garden Time! 2PM	29 Creative Writing 2PM	30 Picnic At Little York Park 11AM—2PM	31	



The Wishing Wellness 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.

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.

Guest Group Presenter:

Wednesday, July 15th - JM Murray Center— Ryan Allyn—Rehabilitation Specialist

Picnic:

Please join us for a picnic on Thursday, July 30th. The picnic will be held at Dwyer Memorial Park, located at the end of Little York Lake, Preble, NY 13141. If you are interested, please speak to the staff so that we can get a count for the number of participants. Food, drinks, and activities will be provided. Please make staff aware if you need help with transportation there.

**Open Hours: Monday—Thursday 1 - 4PM
Stop in and see what peer support is all about!**