

April 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 2 PM	2 Game Day 2 PM	3	4
5	6 Positive Affirmations 2PM	7 Recovery With Alison 2PM	8 Child Abuse Prevention Awareness 2PM	9 Spring Craft 2PM	10	11
12	13 Stress Management 2PM	14 Understand- ing Your Budget 2pm	15 Open Conversations 2 PM	16 Let's Do Some Planting! 2pm	17	18
19	20 Fueling Your Body 2PM	21 Recovery With Alison 2PM	22 The Power of Journaling 2pm	23 Community Clean Up 2PM	24	25
26	27 Music and Healing 2PM	28 Game Day 2PM	29 Participant Choice 2PM	30 Open Conversations 2 PM		



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.

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.



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Stop in and see what peer support is all about.