

# September 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 171

**Open Hours: Monday—Thursday 1-4 PM**



| Sun                            | Mon                                                | Tue                                     | Wed                                                                | Thu                                       | Fri | Sat |
|--------------------------------|----------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------|-------------------------------------------|-----|-----|
| <i>Life skills Week-</i>       | August 31<br><br>My Life Tool Box<br>2PM           | 1<br><br>Recovery with Allison<br>2pm   | 2<br><br>My Growth Garden<br>2PM                                   | 3<br><br>Pieces of Me<br>2PM              | 4   | 5   |
| 6<br><i>Self Love Week-</i>    | 7<br><b>WWC Closed</b><br><b>Labor Day</b>         | 8<br><br>I Am Worth It<br>2PM           | 9<br><br>Speak Kindly of Yourself<br>2PM                           | 10<br><br>Boundaries Are Self Love<br>2PM | 11  | 12  |
| 13<br><i>Transitions Week-</i> | 14<br><br>My Mental Health Weather Report<br>2PM   | 15<br><br>Staying Grounded<br>2PM       | 16<br><b>Special Guest</b><br><b>Access to Independence</b><br>2PM | 17<br><br>Fall Won't Be My Trigger<br>2PM | 18  | 19  |
| 20                             | 21<br><br>Coloring for Wellness<br>2PM             | 22<br><br>Recovery with Allison<br>2pm  | 23<br><b>WWC Closed</b>                                            | 24<br><b>WWC Closed</b>                   | 25  | 26  |
| 27<br><i>Wellness Week-</i>    | 28<br><b>Free Stuff Giveaway</b><br><b>9am-4pm</b> | 29<br><br>Take Care of Your Mind<br>2PM | 30<br><br>Wellness Wednesday<br>2PM                                | October 1<br><br>Coping Skills<br>2PM     |     |     |

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. Each week's groups will follow a weekly theme.**

**September Special Guest:**

**Access to Independence—Wednesday, September 16th**

**Free Item Giveaway:**

**A One Day Only Event—Monday, September, 28th—9AM-4PM**

