

MAY 2023



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 May is Mental Health Awareness Month! Chalk the walk all day with positivity!!	2 Open Engagement Hours: 10am-12pm 1pm-3pm	3 Open Engagement Hours 1:30pm-3:30pm	4 Mental Health Awareness Walk 11a-1p @ YMCA 	5 Cortland Library 10am-12pm 	6
7	8 Positive Mental Health Focus Group 1pm-3pm 	9 Fentanyl Awareness Day 	10 Open Engagement Hours 1:30pm-3:30pm	11 Open Engagement Hours: 10am-12pm 1pm-3pm	12 Movie night 4p-6p 	13
14 	15 Cortland Library 1pm-3pm 	16 Open Engagement Hours: 10am-12pm Art therapy W/Sandra 1pm-3pm 	17 Open Engagement Hours 1:30pm-3:30pm	18 	19 130pm-330pm 	20
21 	22 Cards for Calm Group 1pm-3pm 	23 Open Engagement Hours: 10am-12pm 1pm-3pm	24 Open Engagement Hours 1:30pm-3:30pm	25 Open Engagement Hours: 10am-12pm 1pm-3pm	26 Peers Picnic & Games in the park 10am-2pm 	27
28	29 Agency Closed 	30 Open Engagement Hours: 10am-12pm 1pm-3pm	31 Open Engagement Hours 1:30pm-3:30pm	YOU MATTER.		



May is Mental Health Awareness Month!
Peers will be doing different activities throughout the month to support and encourage wellness and self care.

May 16th we will be having an Art Therapy afternoon hosted by our very own Sandra Simpson! Come join in with creating a mural for The Wellness Center!

Looking for a day of fun and games? Peers will be hosting a picnic day with outside games and lunch at Little York Park on May 26th!

Prior sign up will be required.



Peers will be at Cortland Free Library on Friday 5/5 from 10am-12pm & Monday 5/15 from 1pm-3pm. Stop by to learn about our services and see how we can help you on your recovery path.

Want to learn how you could potentially save a life? Stop by on Friday 5/19 between 130pm-330pm or call to schedule an appointment to be trained for Narcan. After a brief training you will be supplied with your own kit.

May 9th is Fentanyl Awareness Day. Peer staff will be joining other area agencies and volunteers in the community to spread awareness on the dangers of Illicit Fentanyl and Xylazine.

Did you know? The Wellness Center has an emergency Narcan mailbox on the Library side of the building, that is always fully stocked and accessible if needed!

The Wellness Center is also a partner with NY Matters which connects people in need to MOUD services. Stop in for more information!

Did you know? Peers have a Facebook page!! Look for us at "Peer Support Services". Our monthly calendars along with any updates will be posted. Join the group and help share our page!

