November 2026

Peer Services

Wishing Wellness Center

24 Church Street, Cortland, N.Y. 13045 607-756-5992 Ext.171

Catholic Charities of Cortland County

CARING FOR OUR COMMUNITY ONE PERSON AT A TIME

	TUE			SAT	SUN
2	3	4	5	7	8
Emotional Awareness 2PM	**Healthy Coping skills** 2PM	**Positive Thinking** 2PM	**Self-care is not Selfish** 2PM		
9	10	11	12	14	15
Healthy Routines 2PM	**Recovery With Alison 2pm**	**Setting Healthy Goals for The Holiday** 2PM	**Understanding My Emotions** 2PM		
16	17	18	19	21	22
Setting Healthy Boundaries 2PM	**Resilience** 2PM	**Life Skills** 2PM	**Overcoming Fear of Failure** 2 pm		
23	24	25	26	28	29
What Am I Thankful For 2PM	**Recovery with Alison 2pm**	**Building A Bridge to Where I want to be** 2PM	**Agency Closed!!! Happy Thanksgiving!!!!**		
30					
Mental Health Check-In 2PM					

A group will be offered from 2-3pm each day during open hours. The groups are designed to help towards and maintain a positive & healthy lifestyle.

The Wishing Wellness Center is open for drop-in and groups Monday-Thursday in the afternoon. At other times the staff are working hard at other locations in the community, as well as working with already enrolled clients. If you are interested in working with a peer staff member one on one, please let staff know. The staff will assist you with completing a referral for individual services.