

October 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
				1 Falling for Fall 2PM	2	3
4	5 Releasing Unhealthy Patterns 2PM	6 Recovery with Alison 2PM	7 Positive Affirmations 2PM	8 Let's Make A Plan 2PM	9	10
11	12 Agency Closed <i>Columbus Day</i>	13 What's Your Kryptonite? 2PM	14 Self Advocacy 2PM	15 Field Trip Tim's Pumpkin Patch 10A-2PM	16	17
18	19 "Trick Thoughts", "Treat Thoughts" 2PM	20 Recovery with Alison 2PM	21 Progress Not Perfection 2PM	22 Emotions and Recovery 2PM	23	24
25	26 Closed Staff Training	27 Closed Staff Training	28 Breaking the Cycle 2PM	29 Closed Residential Field Trip	30	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. Each week's groups will follow a weekly theme.

October Special Events:

October 15th– Riverview and Wishing Wellness Peer Services trip to Tim's Pumkin Patch 10am-2pm - Pre-Registration will be required.

